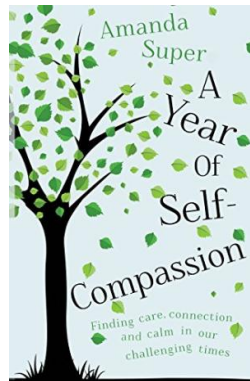


## A Year of Self-Compassion: Finding Care, Connection and Calm in Our Challenging Times



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