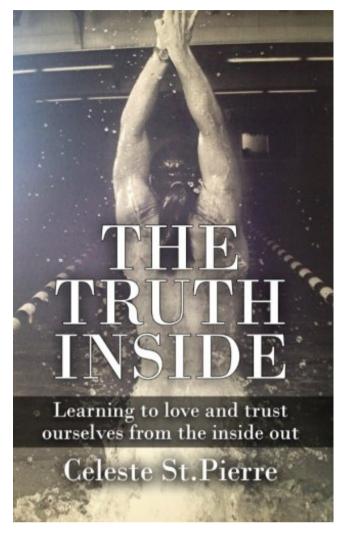
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## The Truth Inside: Learning to love and trust ourselves from the inside out





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