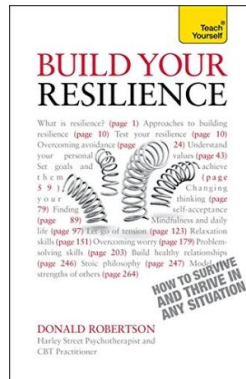


## Build Your Resilience: Teach Yourself How to Survive and Thrive in Any Situation



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