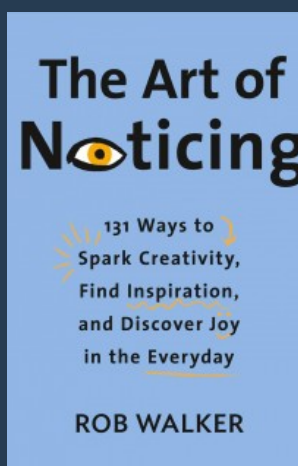
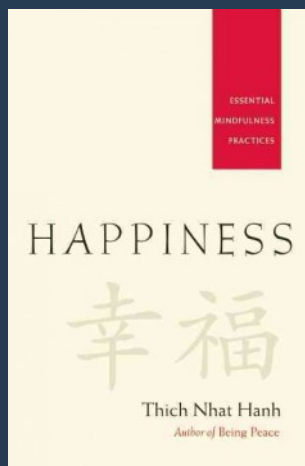
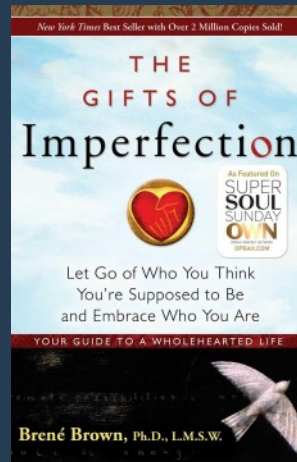
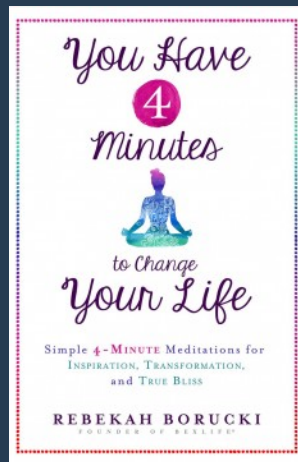


Taking Time to Look After You!

Self Care



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Podcasts

- The Lazy Genius Podcast - Kendra Adachi
- 10 Things to Tell You - Laura Tremaine
- 3 Books with Neil Pasricha

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