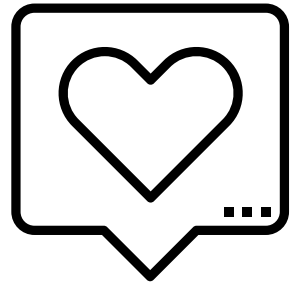




# J R N A L



I want to practice self care by trying  
the following:

