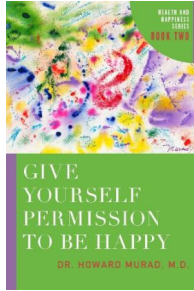


## Give Yourself Permission to be Happy: Health and Happiness



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**(Anastasia Kihn)**

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