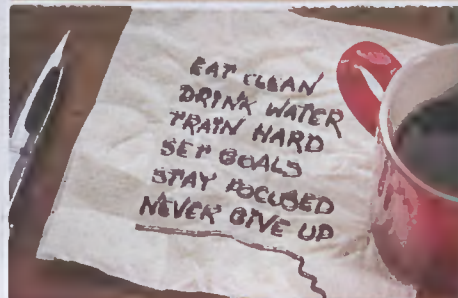
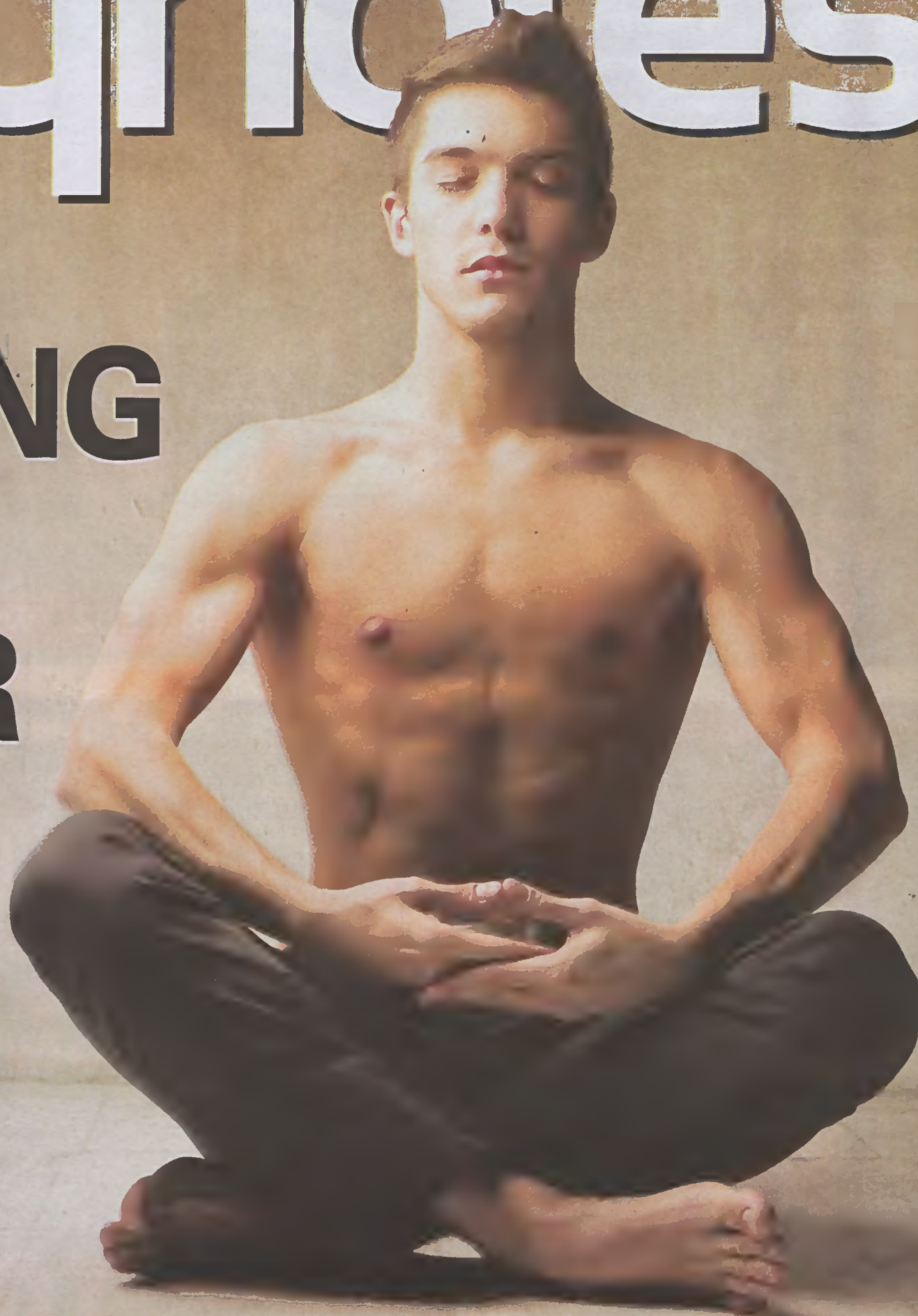


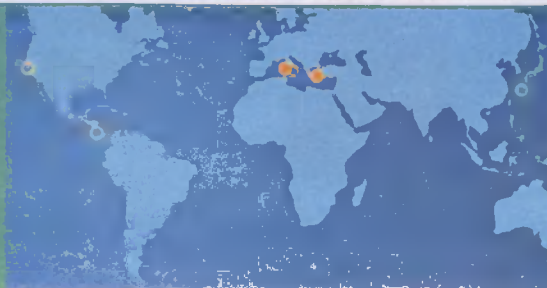
qnotes

FINDING YOUR INNER ZEN

TIPS TO
CREATE
A NEW YOU
FOR A
NEW YEAR



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change attitudes**
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