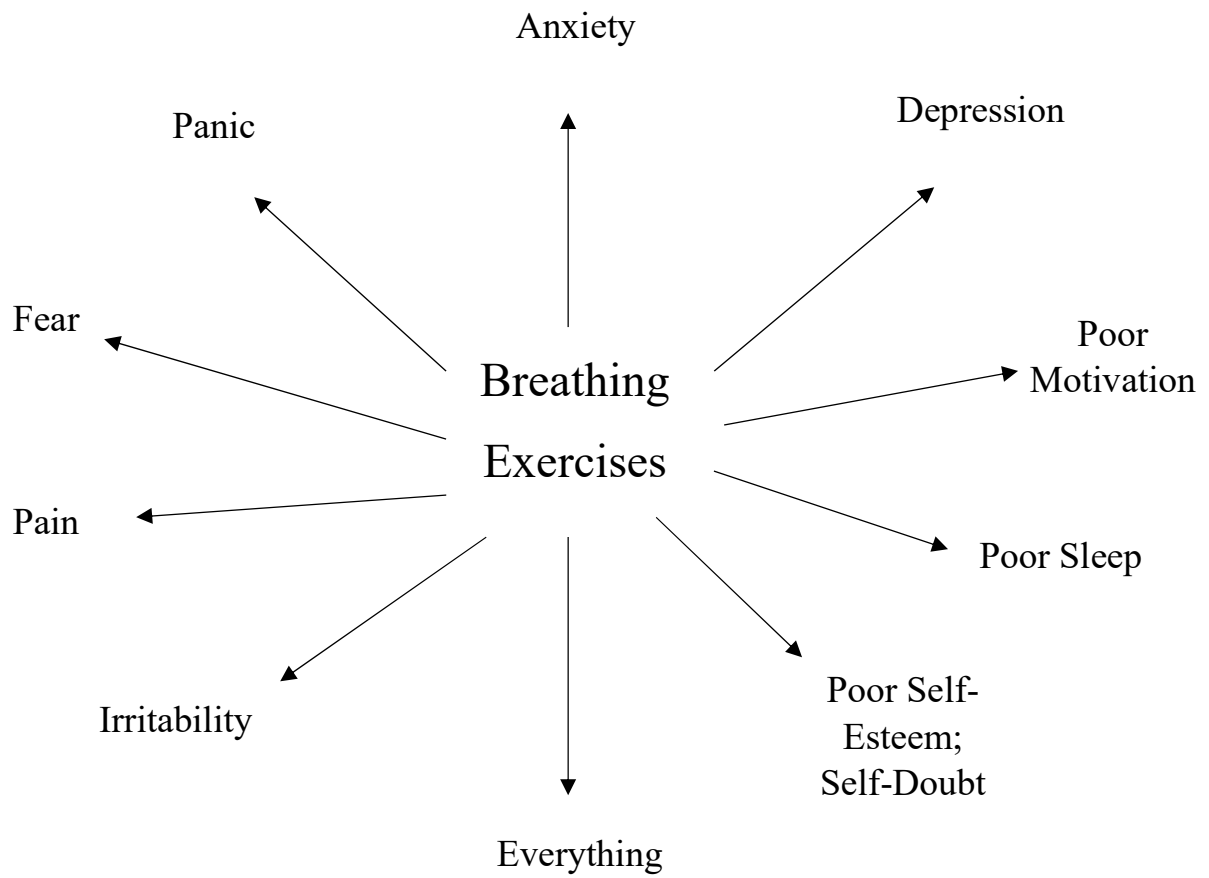


One Technique Fits All



Change the New Self Talk
for Each One

G. Young, Ph.D.
Valentine's Day, 2023
"Love Yourself, love the other"