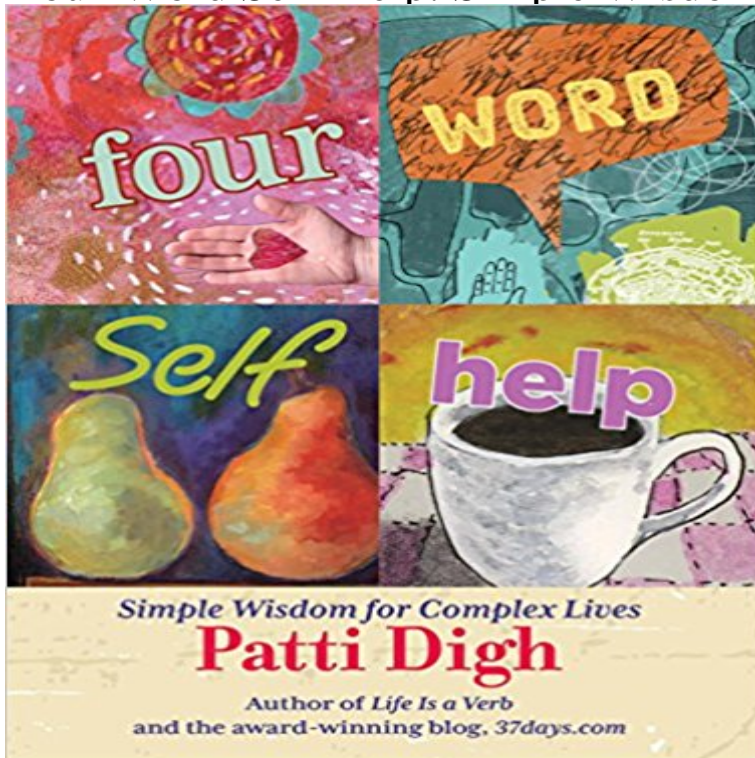


## Four-Word Self-Help: Simple Wisdom For Complex Lives



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