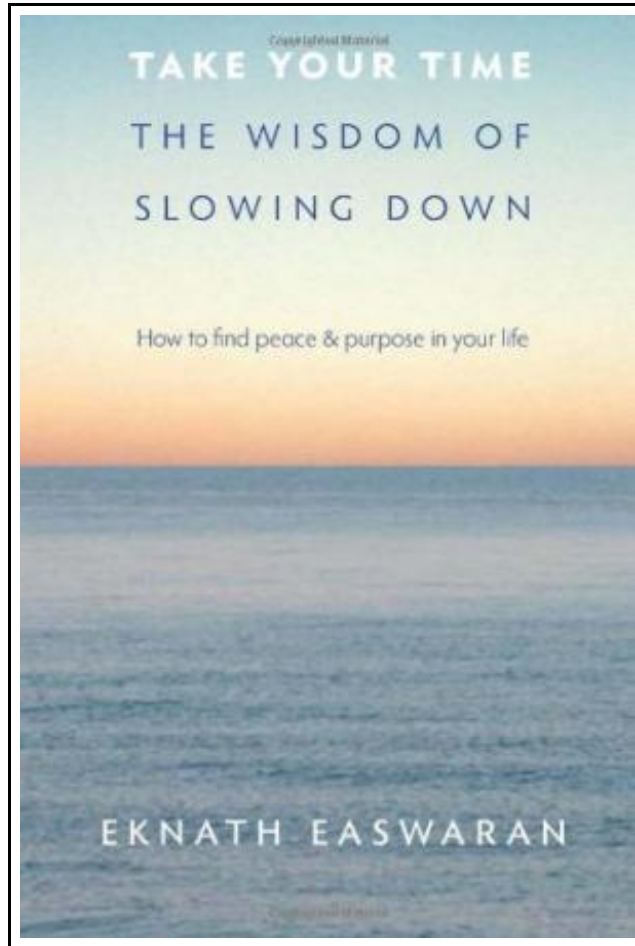


## Take Your Time: The Wisdom of Slowing Down



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