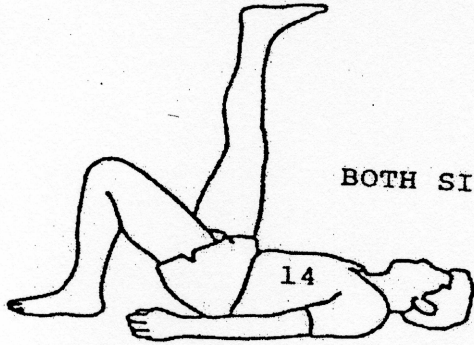
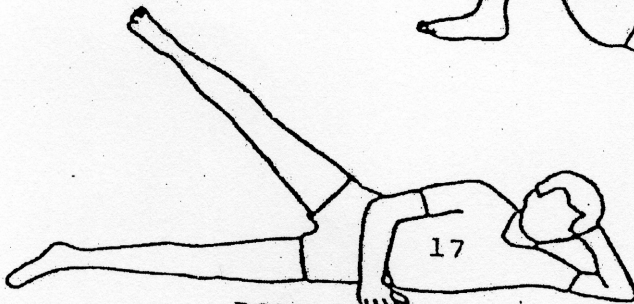
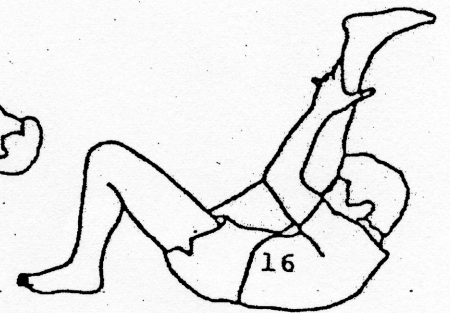
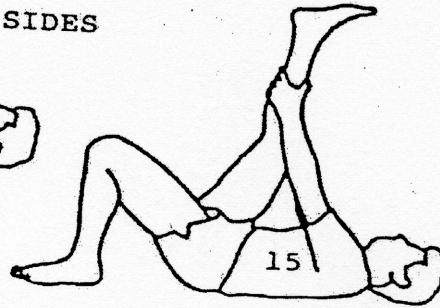


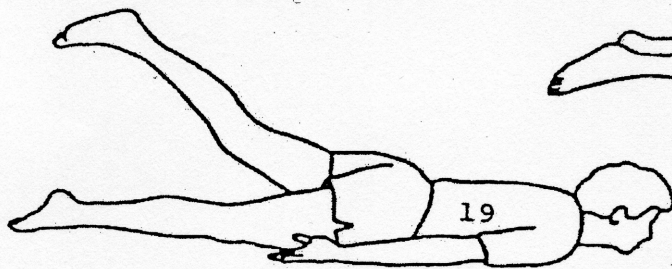
BOTH SIDES



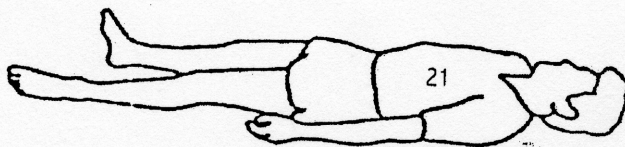
BOTH SIDES



BOTH SIDES



BOTH SIDES



Adapted from *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D