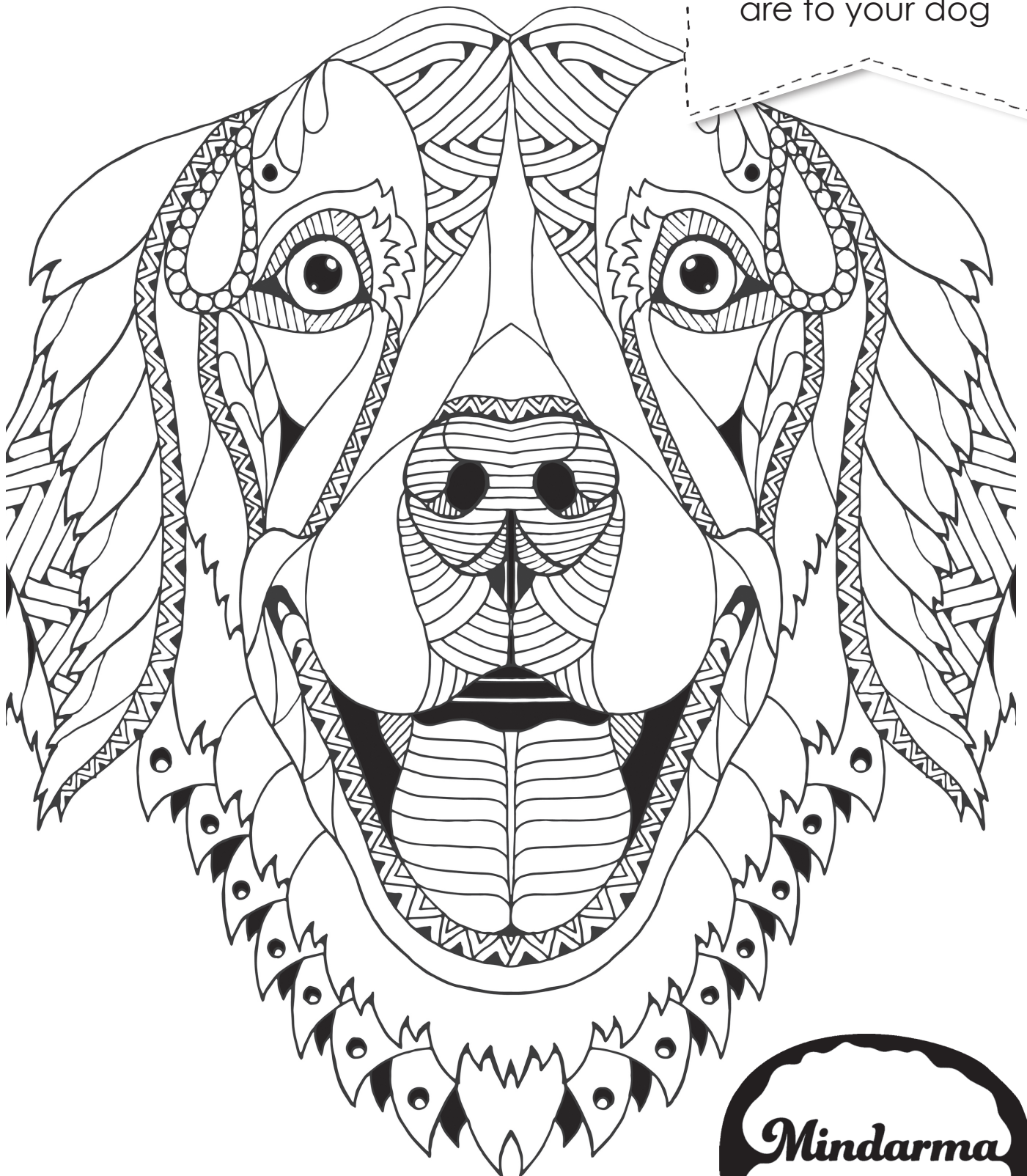


## *Helpful Hint*

Just imagine if you  
were as kind  
to yourself as you  
are to your dog



*Mindarma*