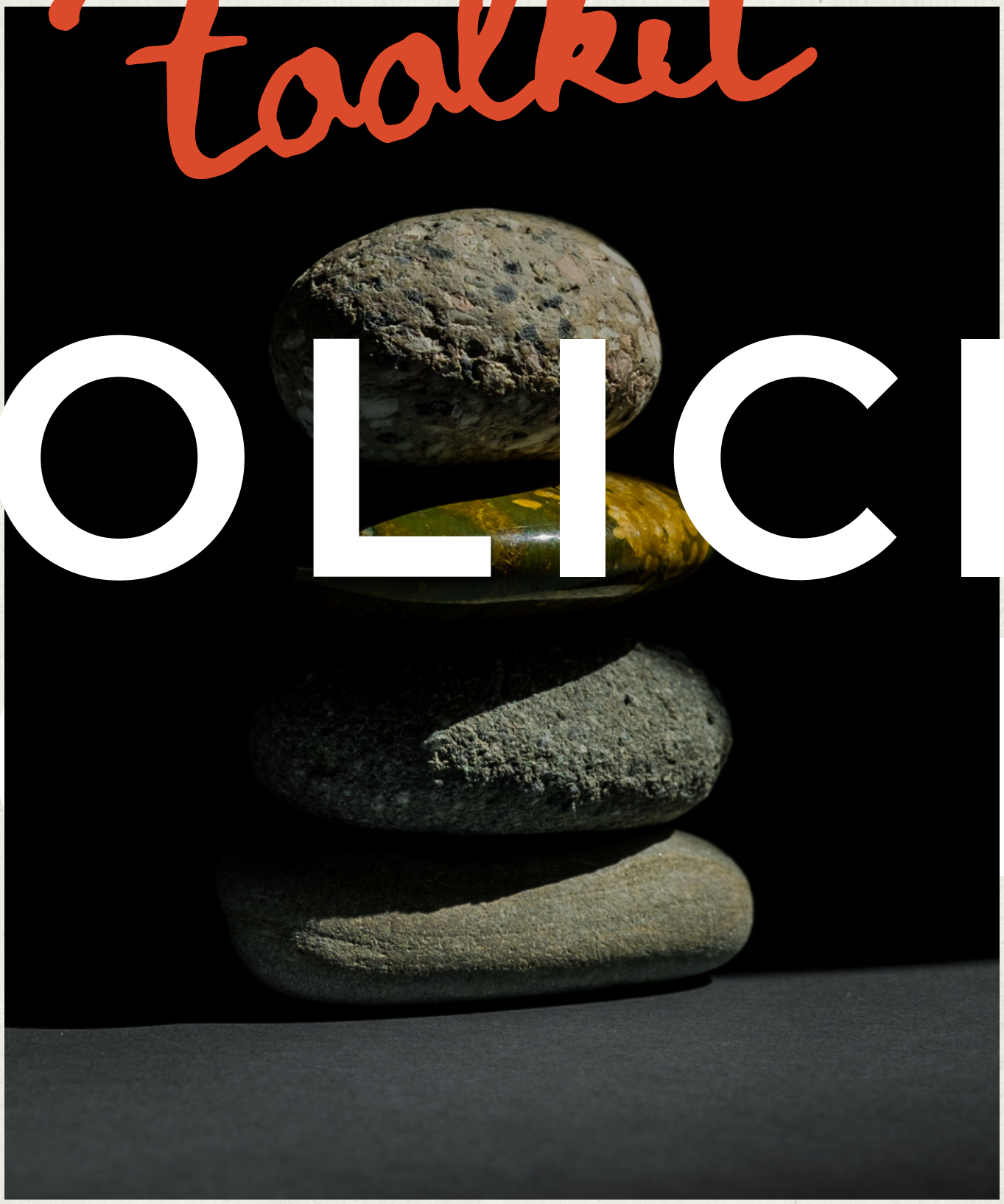


diy wellness toolkit

SOLICIT



THINGS I DIDN'T WANT TO KNOW
BUT YOU'RE GOING TO TELL ME
ANYWAY

WELLNESS TOOLKIT

[UNSOLICITED]

WHO

YEAR

EDITION

SIGNATURE

DATE

WHAT ARE YOU AIMING FOR?

THE FEAR

QUESTION

PERSPECTIVE

ANSWER

THE FEAR

WELLNESS SHORTCUT

WELLNESS SHORTCUT

REVISIT, REVISE, REVISION THIS GUIDE AS OFTEN AS YOU NEED