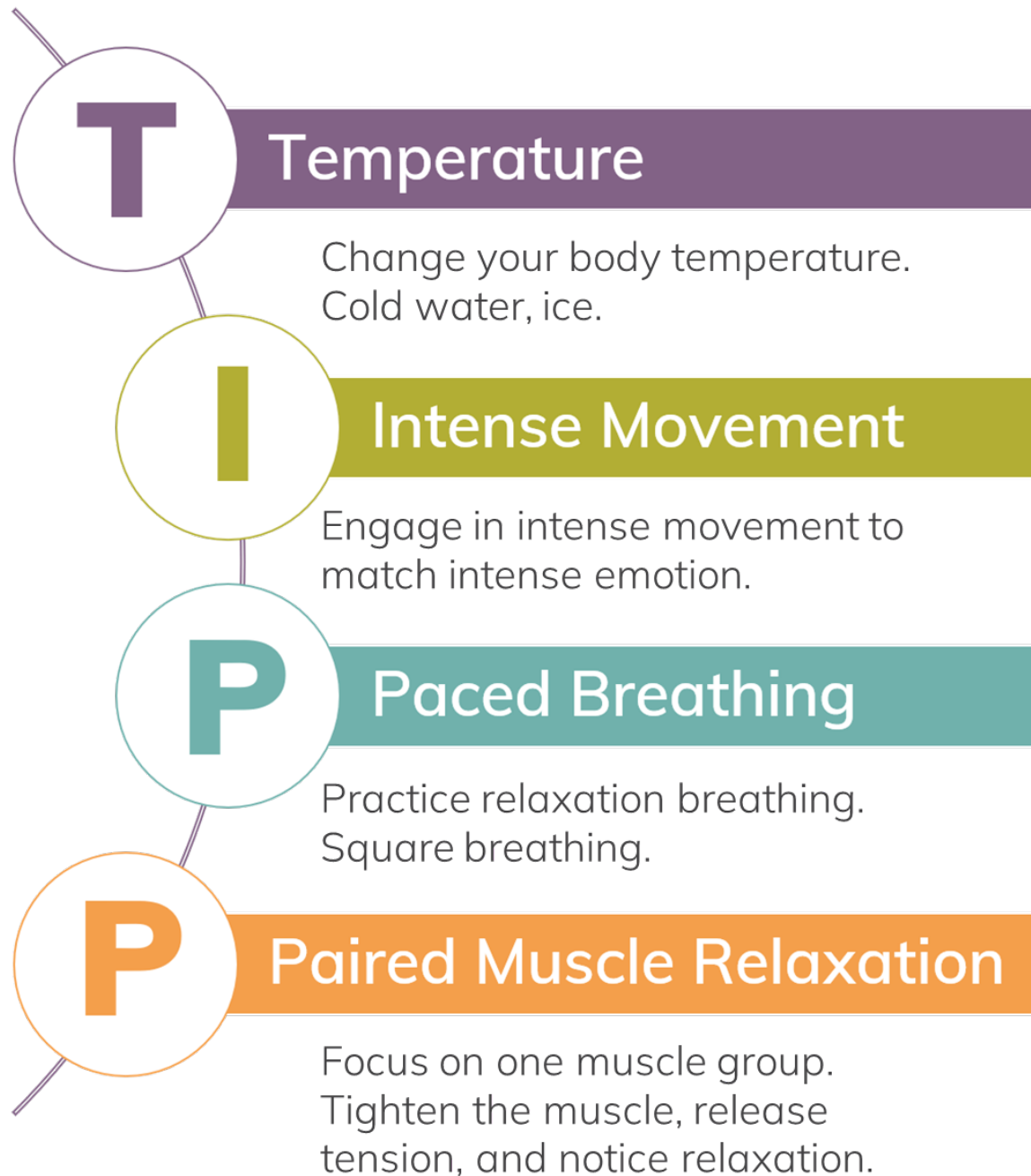


TIPP SKILLS



SELF-SOOTHING SKILLS TO REDUCE STRESS

