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It's been a tough year... Someone said I should send out Buddhist thank-you cards since Buddhists believe that anything that challenges you makes you pull yourself together.

— Robin Williams —

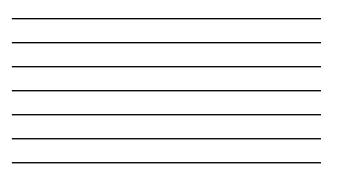
What are «Normal» problems?











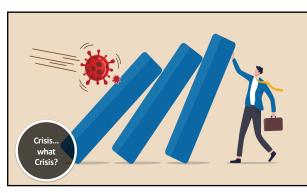






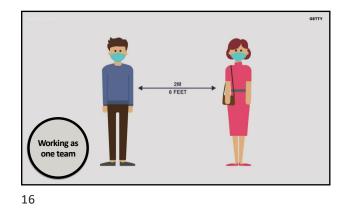






























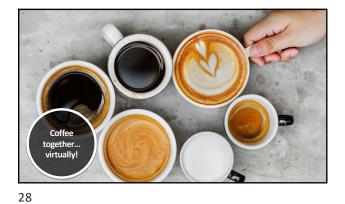












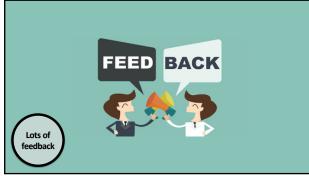
Understand the isolation - and help to address it 29





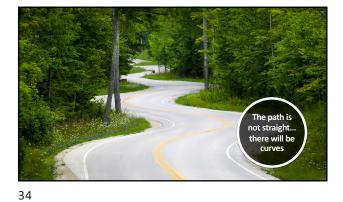




















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