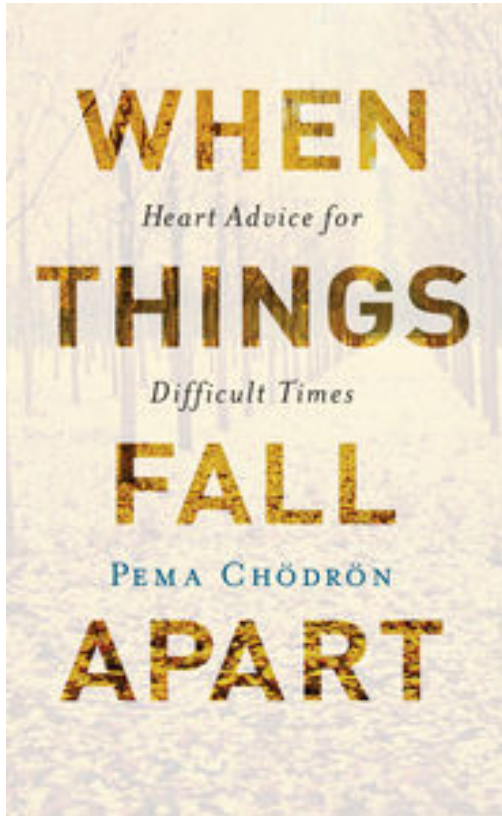


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- Using painful emotions to cultivate wisdom, compassion, and courage
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