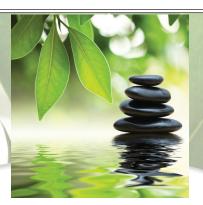
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The quality of your life is determined by the focus of your attention.

— Cheri Huber, Zen Teacher

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Facilitated by Laura Carr, LMFT

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