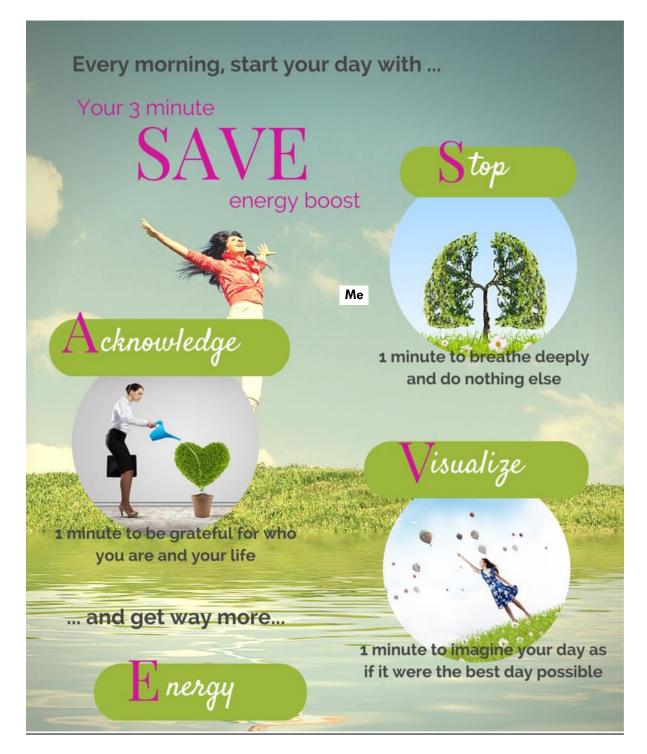
The SAVE Method

Simple as 1,2,3.



Breathe, Find Gratefulness, Visualize