

1st

things

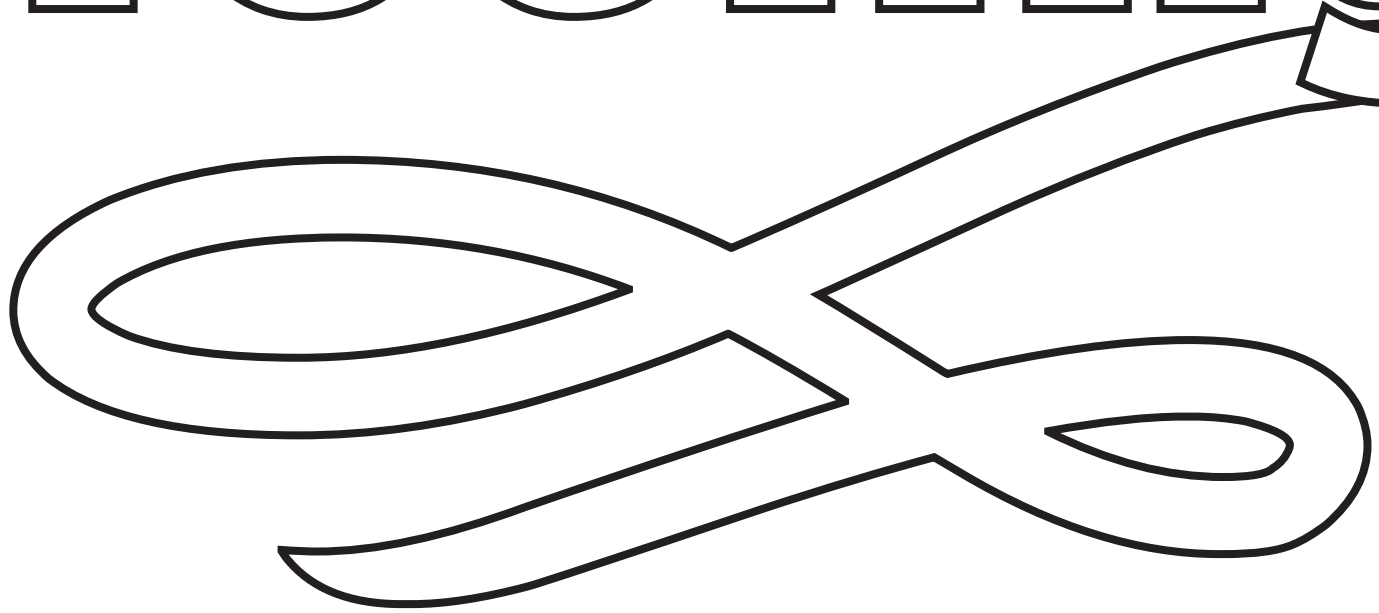
1st



Progress

*not
perfection*

There is
no
healing
without
feeling



Meeting Makers

Make

It

KEEP

COMING

BACK



AT A TIME

*Don't
just do
something*



*Sit
there.*