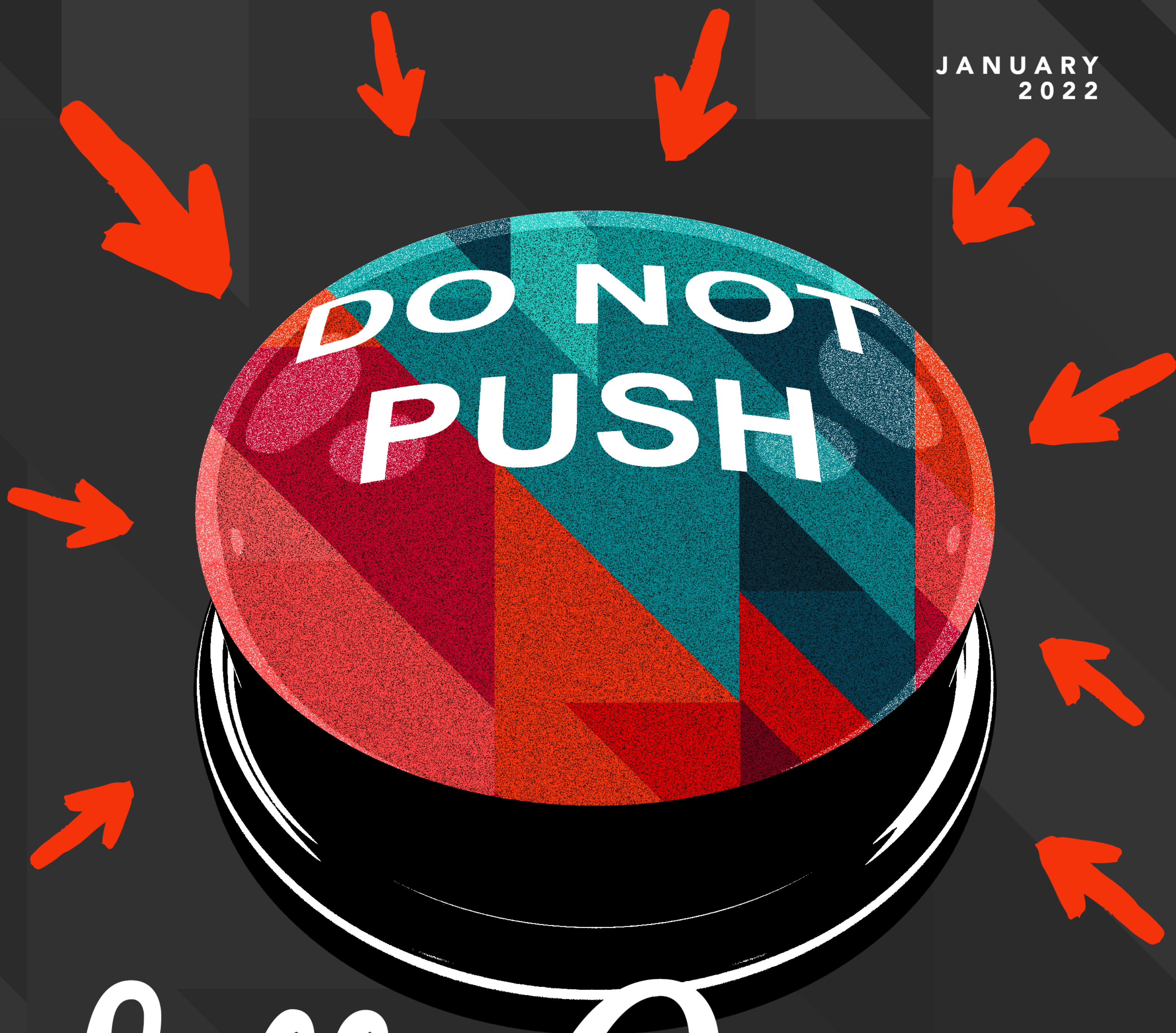


JANUARY
2022



Self-Control

Choosing to do what you should
even when you don't want to