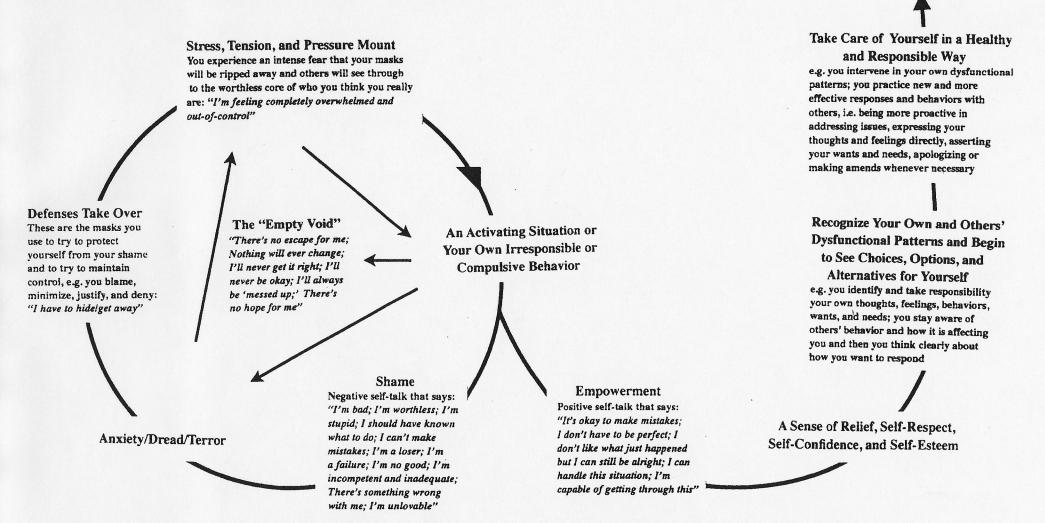
## THE CYCLES OF SHAME AND EMPOWERMENT

THE "SLIPPERY SLOPE" OF OLD HABITS

A Total and All-Encompassing Focus on Yourself.

Your Inadequacy, and Your Fear



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CONSCIOUS LIVING AND DECISION-MAKING

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