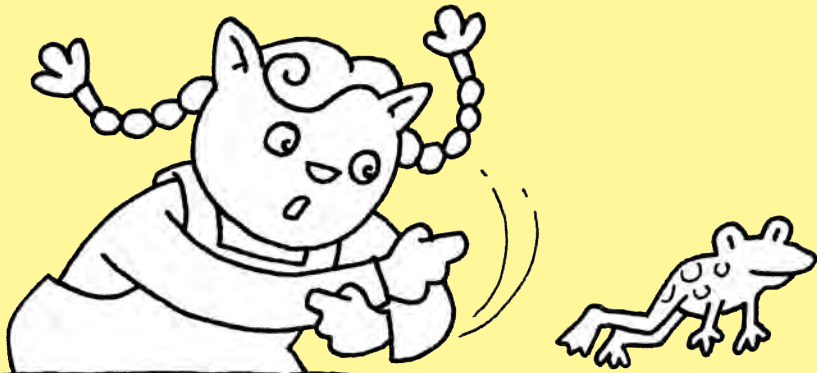


PET TALK #3:



Learn to do honor to yourself.

Acknowledge the times when you showed strong will and determination, when you overcame nagging doubts and worries to go on and perform admirable deeds. Take pride in what you have accomplished.



Here is what I do to keep fear at bay:

TYPE HERE
