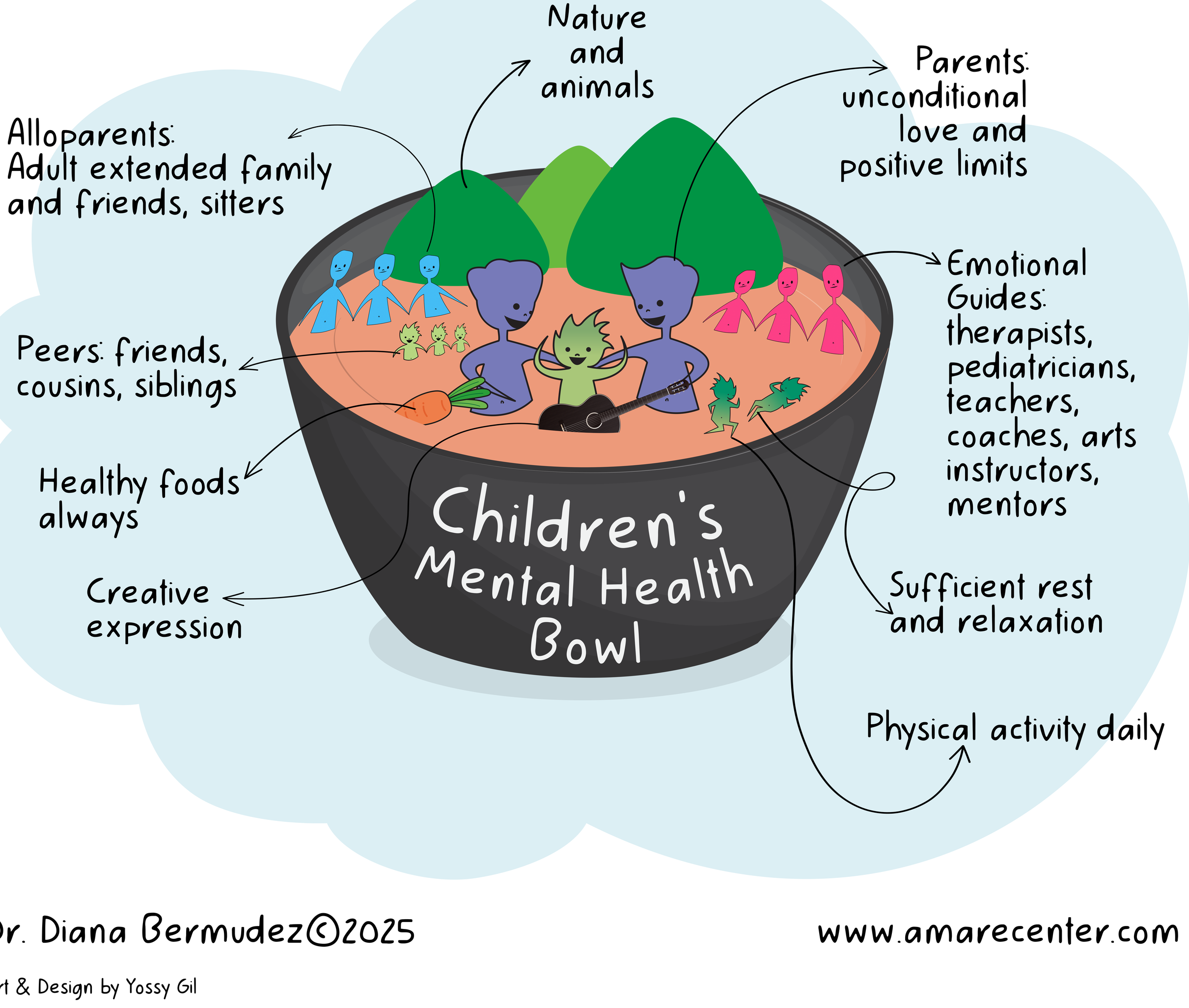
The Essential Ingredients to Simmer Emotionally Healthy Children

Whisk in generous amounts;
accept or substitue missing ingredients
with compassion; let simmer patiently over a lifetime;
and most importantly, enjoy the process!



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