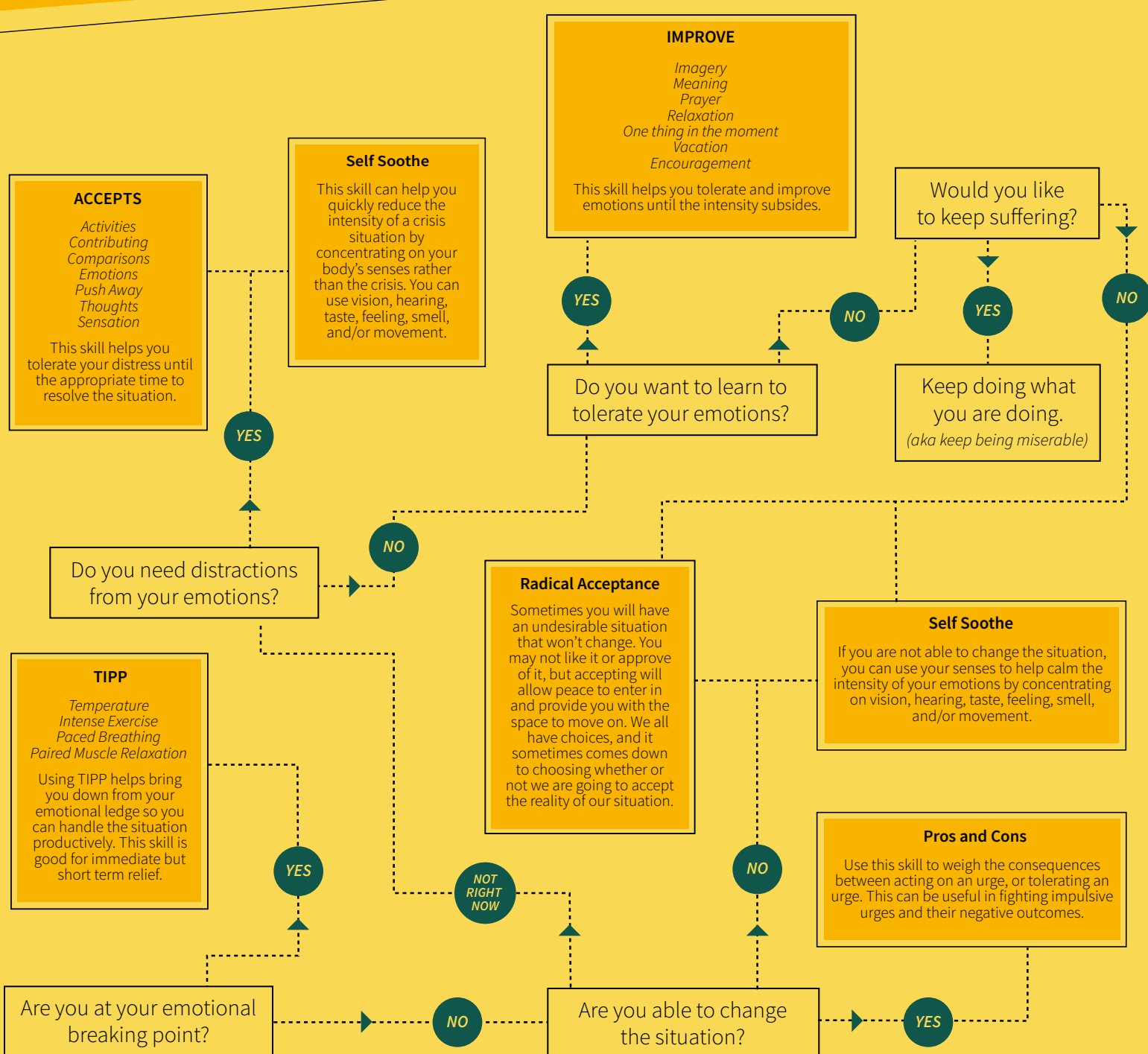


# FINDING THE RIGHT DISTRESS TOLERANCE SKILL FOR YOUR SITUATION



## ARE YOU CURRENTLY IN CRISIS MODE?

