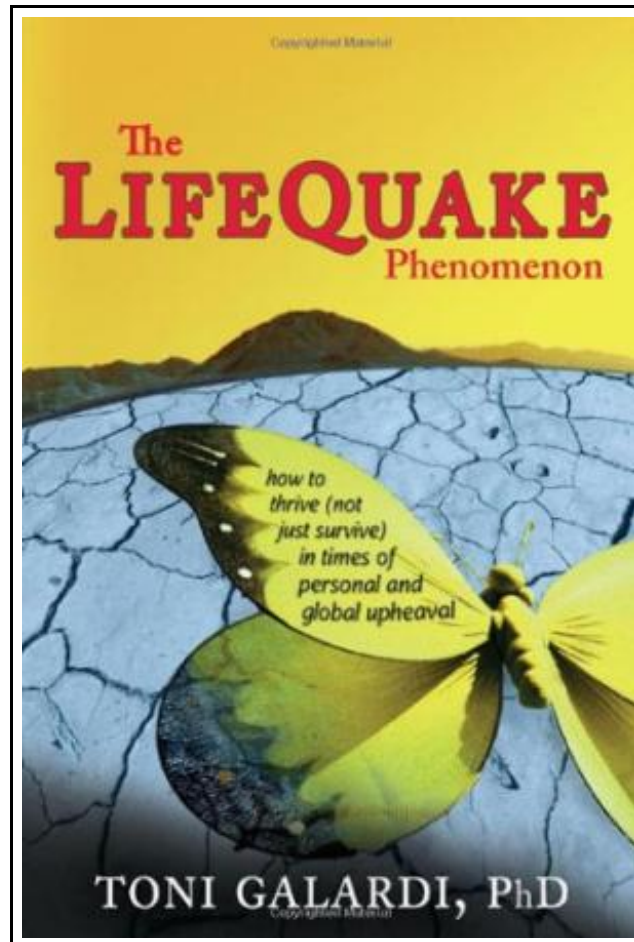


## The LifeQuake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval



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