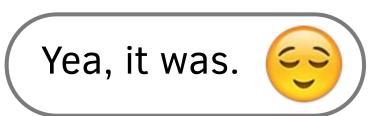
## Empathy

Manage

Typically replies in minutes



Doctors say it best: slowing your breathing calms your emotions.



