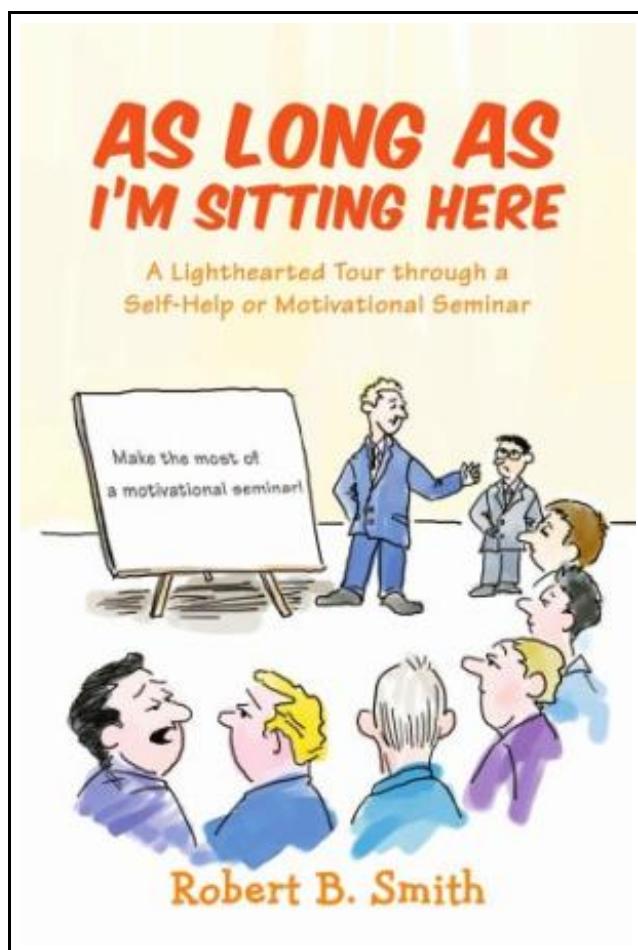


## As Long as I'm Sitting Here: A Lighthearted Tour Through a Self-Help or Motivational Seminar



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