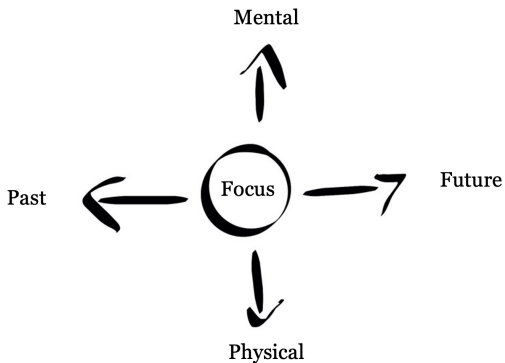


Focused & Full Awareness



Resilience = Ability to manage Transitions



with Equanimity & Effectiveness.