

A close-up photograph of a hand with fingers spread, palm up, against a dark, textured background. The lighting is dramatic, highlighting the skin and the shape of the hand. The text is overlaid in the center of the image.

**IF PEOPLE TALK ABOUT YOU BEHIND YOUR  
BACK, LET THEM BECAUSE THAT'S  
THE MOST THEY CAN DO.**

# Talking About Being Your Best

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