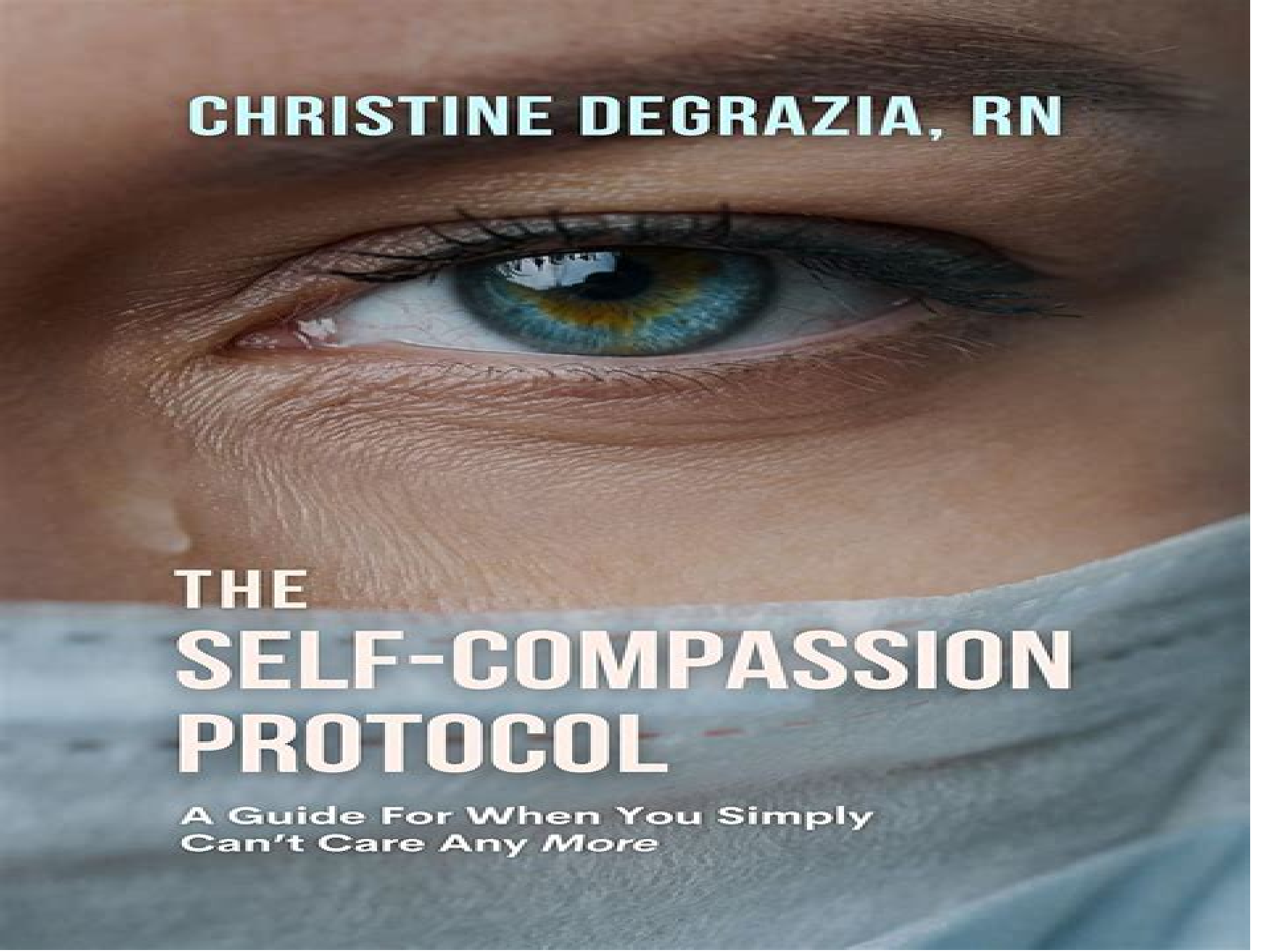


A close-up photograph of a person's face, focusing on their eyes. The person is wearing a light blue surgical mask that covers the lower half of their face. The eyes are a striking blue-green color with a yellowish ring around the pupil. The skin is fair and the eyelashes are dark. The background is a soft, out-of-focus blue.

CHRISTINE DEGRAZIA, RN

**THE
SELF-COMPASSION
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