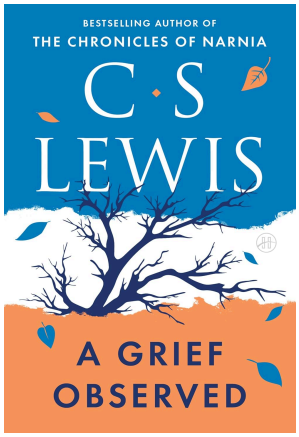
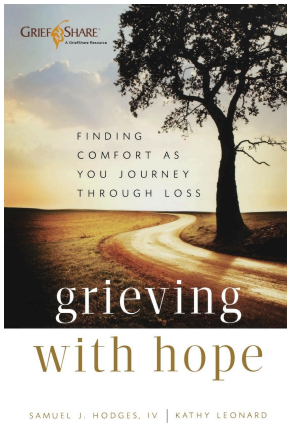
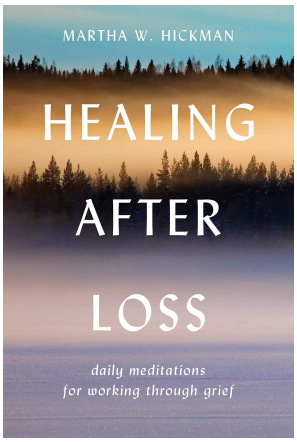
the pause resources *for Good Grief !!*

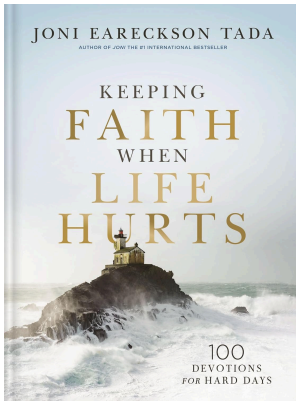


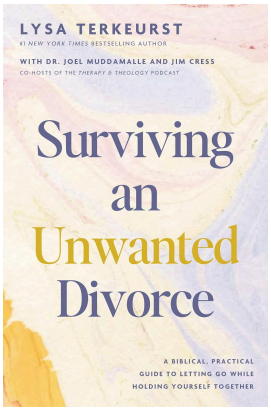




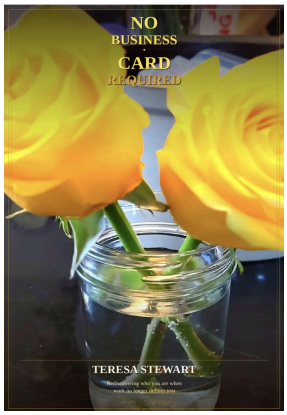




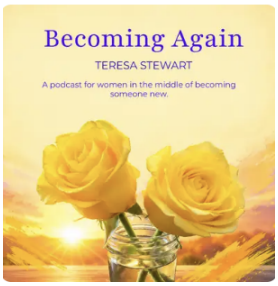




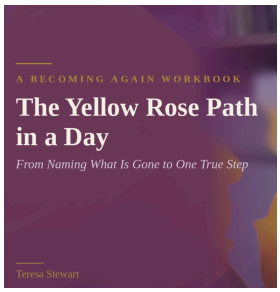
BY TERESA STEWART



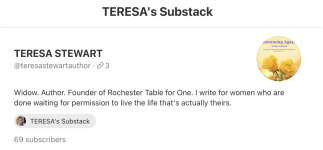
BOOK



PODCAST



WORKBOOK



[Teresa's Substack]