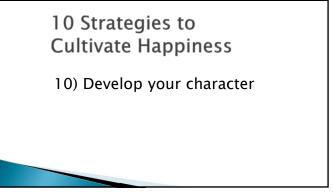


## 10 Strategies to Cultivate Happiness

9) Practice kindness and forgiveness



19

20