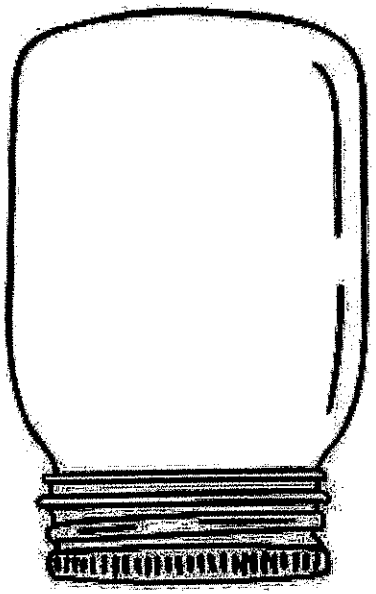
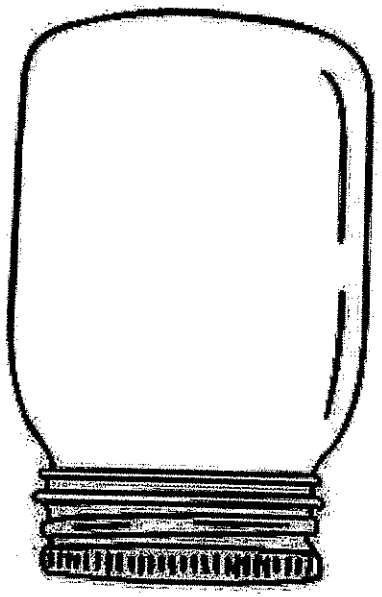
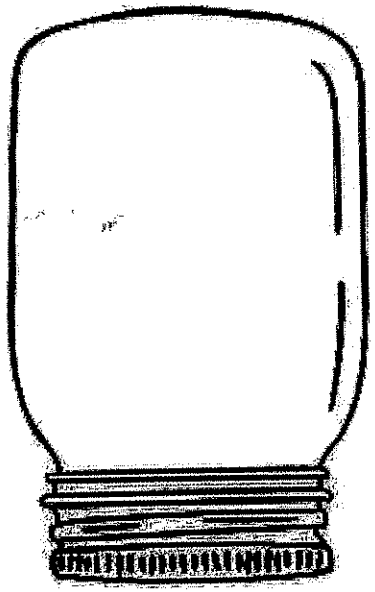
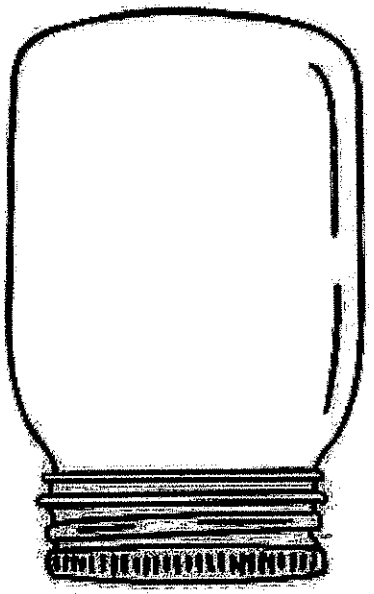
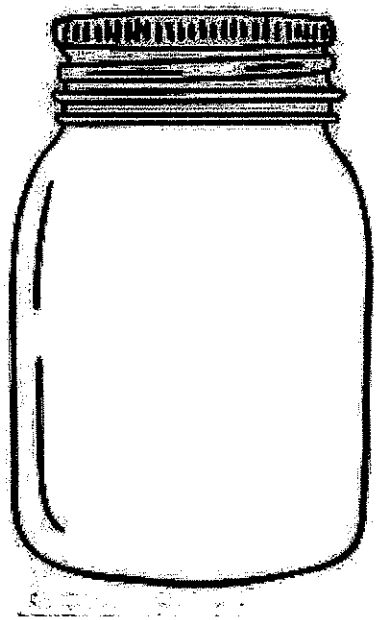
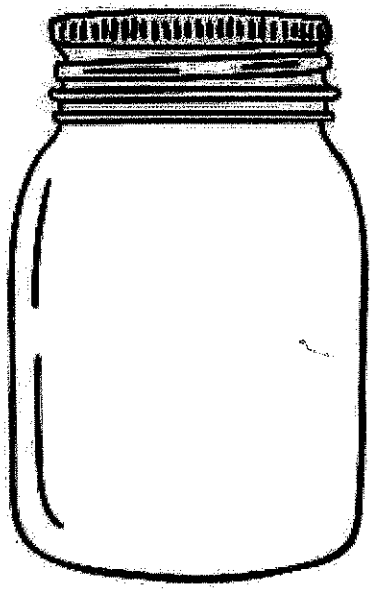


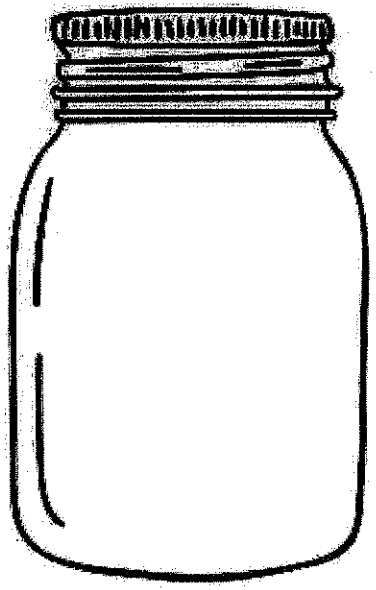


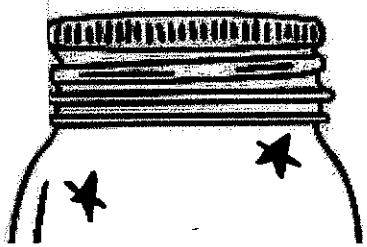










feelings jars

write your feelings inside the jar to keep them around and notice them more