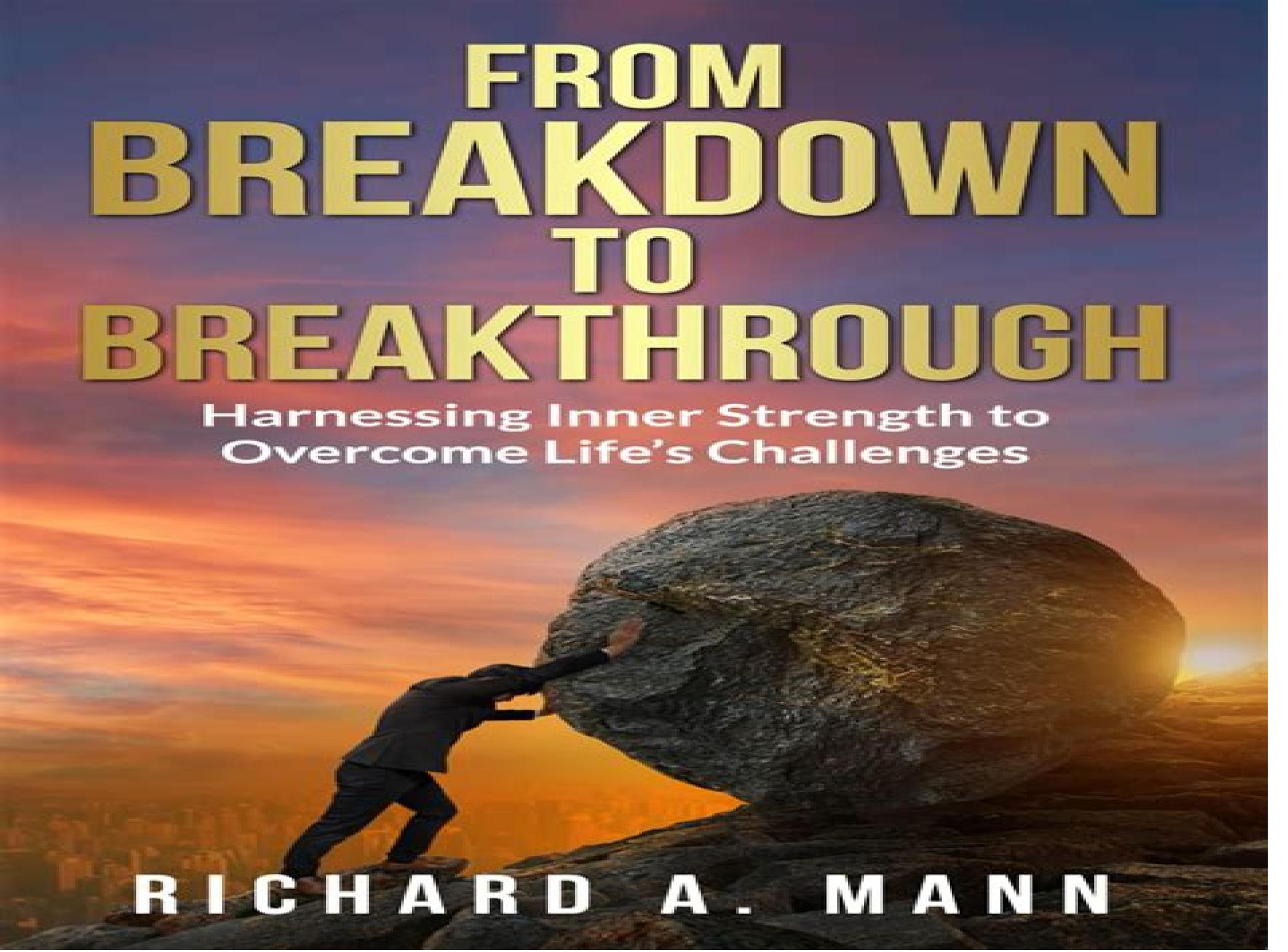


# FROM BREAKDOWN TO BREAKTHROUGH

Harnessing Inner Strength to  
Overcome Life's Challenges

A man in a dark suit is pushing a large, dark, rounded rock over the edge of a cliff. The background is a dramatic sunset or sunrise with a bright sun low on the horizon, casting a golden glow over the scene. The sky transitions from orange near the horizon to a deep blue at the top. The man is leaning forward, using his arms to push the rock. The rock is positioned on the edge of the cliff, and the man is standing on a smaller rock or ledge below it.

**RICHARD A. MANN**

# Breakdown And Breakthrough

**M Planty**



## **Breakdown And Breakthrough:**

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