



Nadine Champion

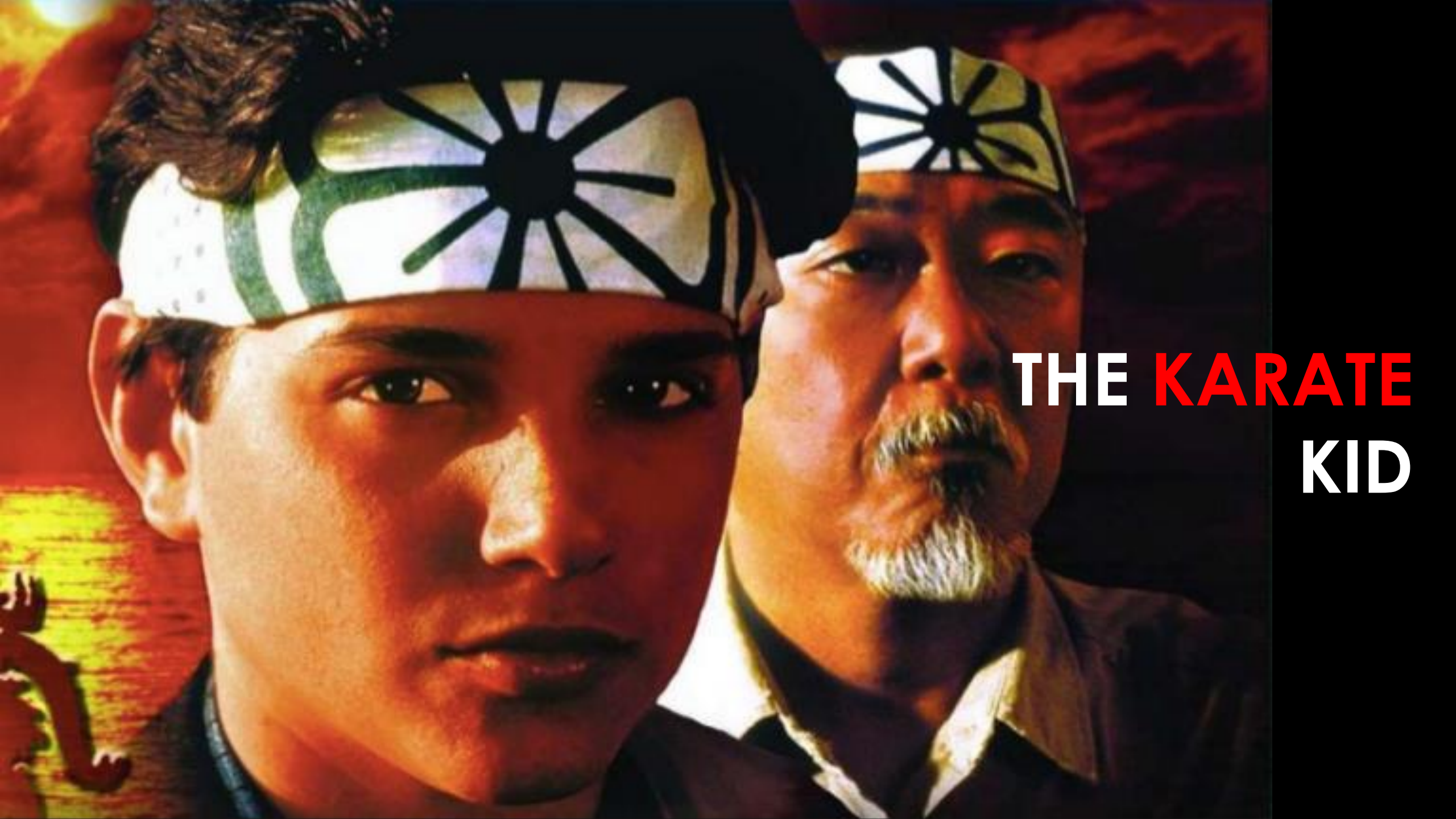


Nadine Champion



10 SECONDS OF COURAGE

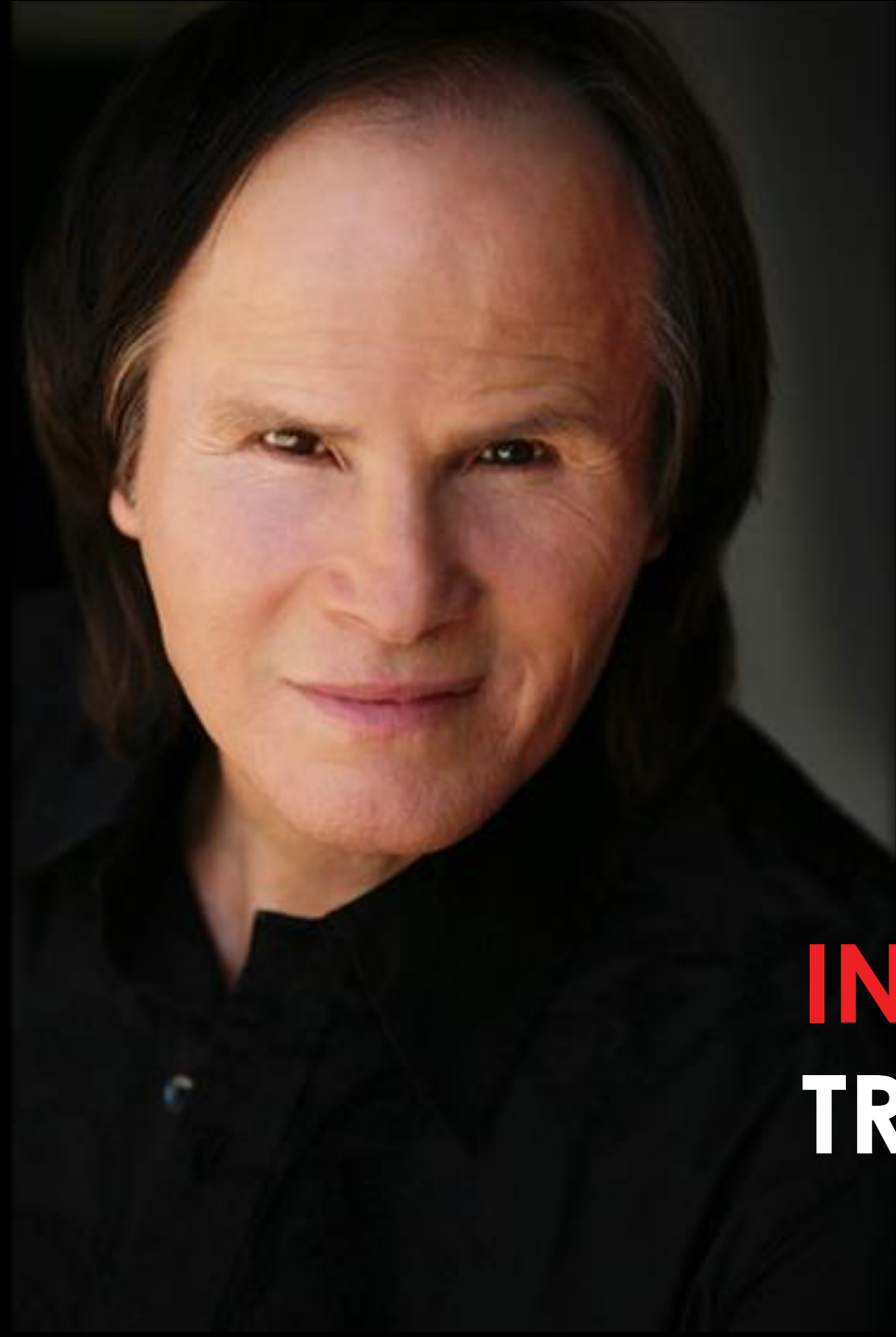




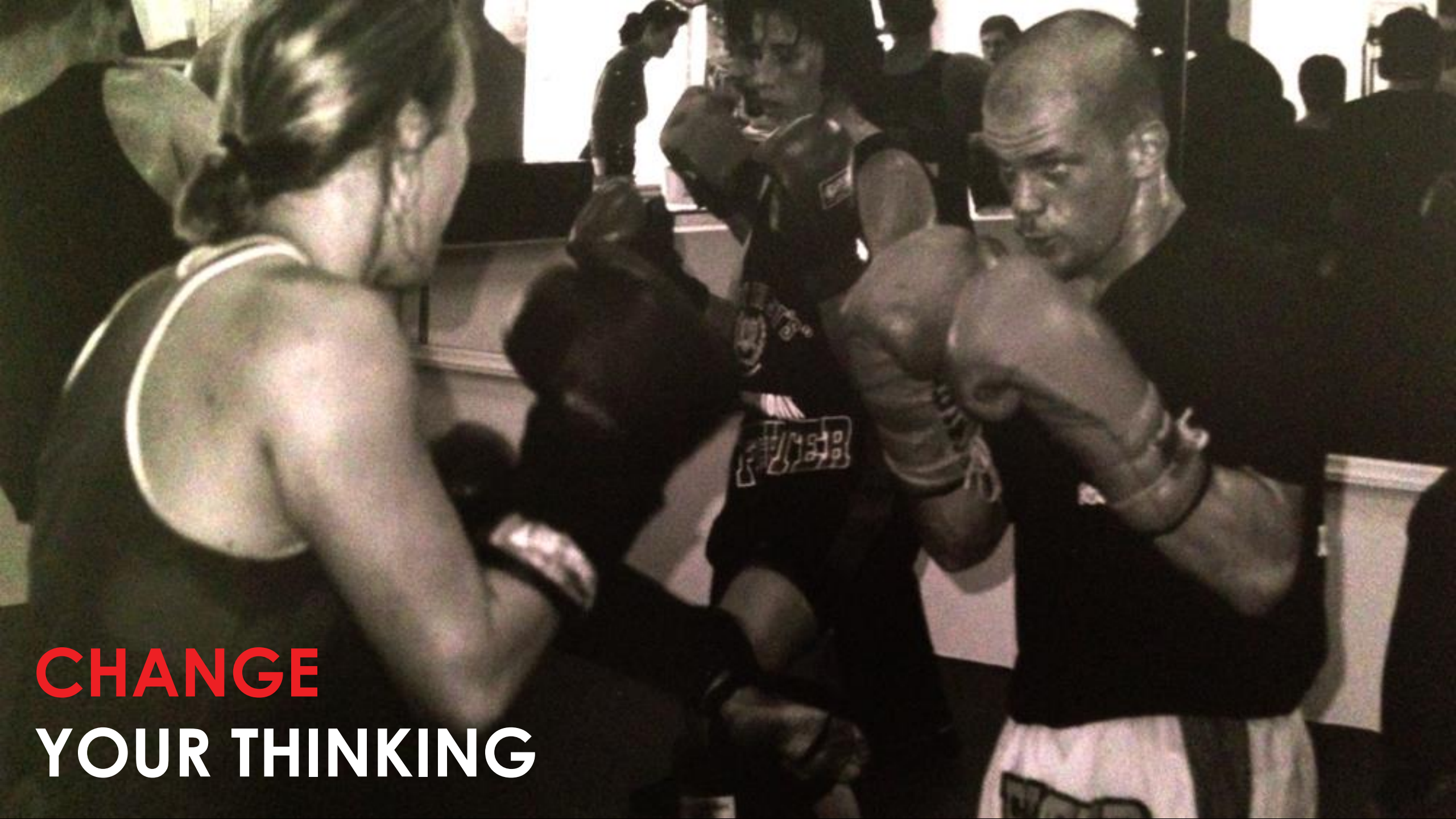
THE KARATE KID



BENNY "The Jet"
URQUIDEZ



INTERNAL TRAINING



CHANGE
YOUR THINKING

5 SHARED FEARS

EXTINCTION

MUTILATION

EGO DEATH

SEPARATION

LOSS OF AUTONOMY



10 SECONDS OF
COURAGE

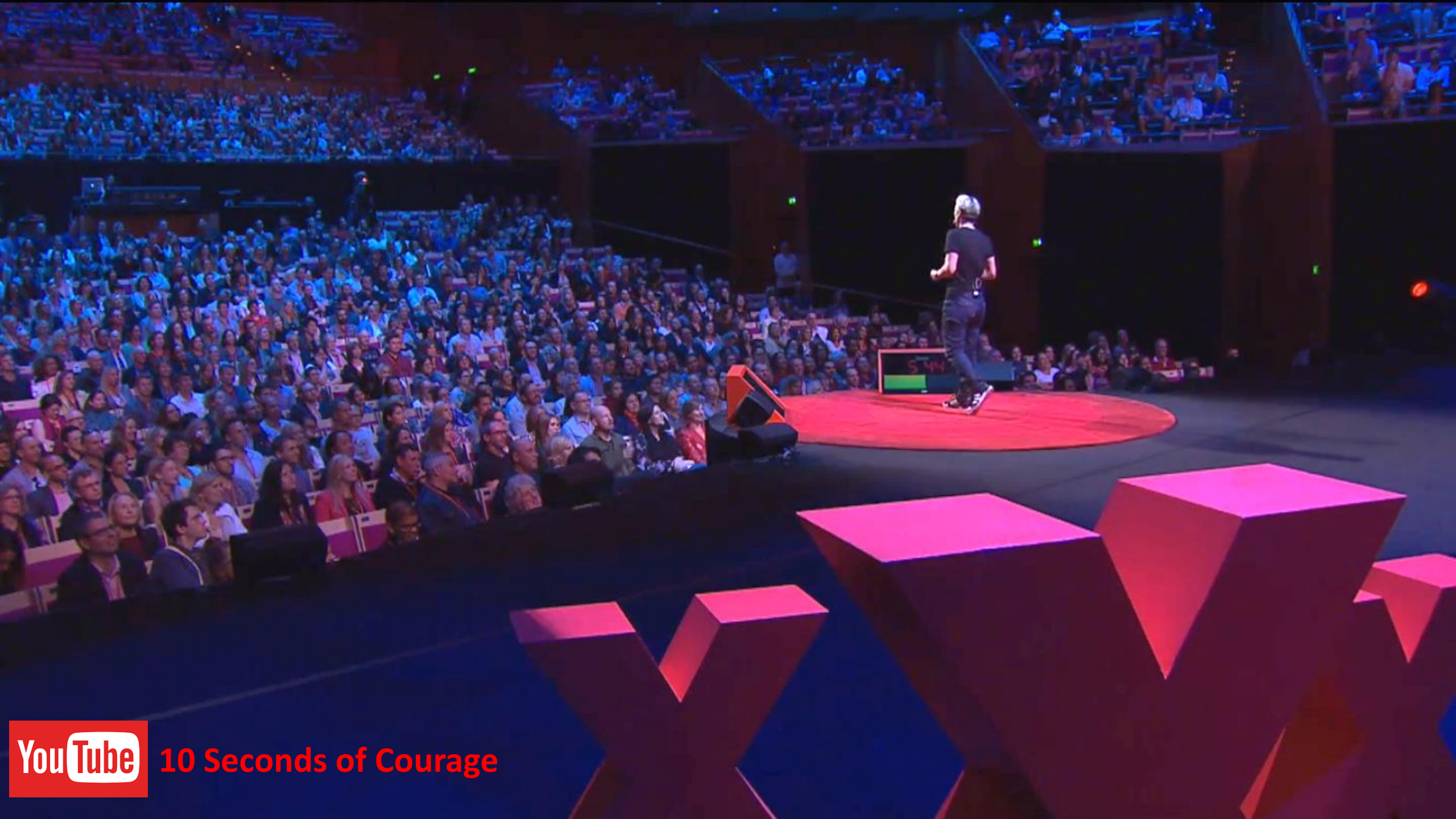








HODGKIN'S
LYMPHOMA



10 Seconds of Courage



10 SECONDS OF
COURAGE

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#10secondsofcourage

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CHANGE YOUR THINKING

USE YOUR COURAGE



WARRIOR
SPIRIT



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