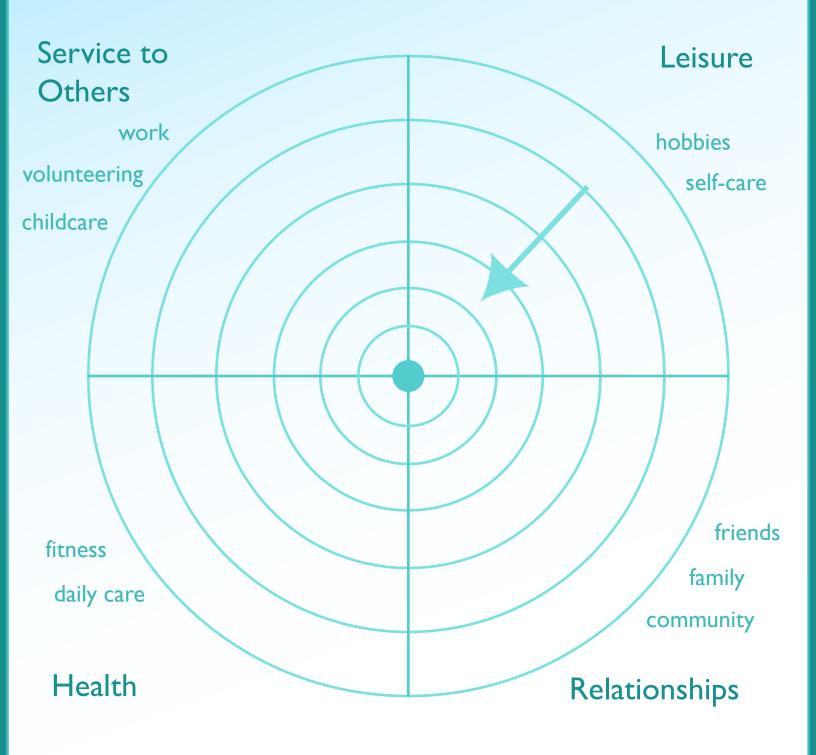


How closely does your behaviour match who you want to be?



Connect to Calm Therapy

Based on Russ Harris ACT Made Simple (2019)