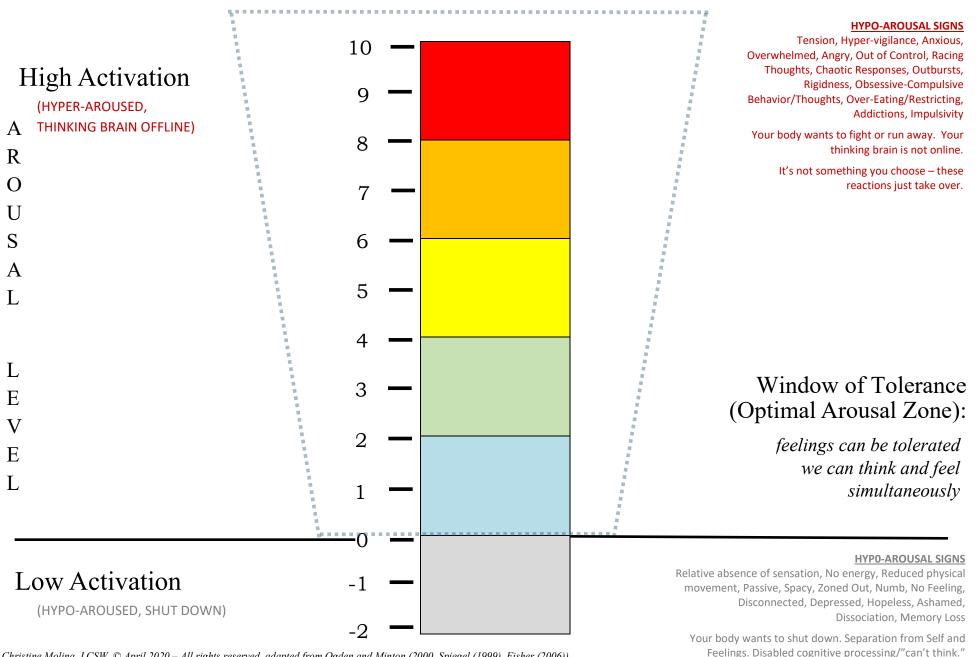
Check In – Tracking Your Nervous System

How Full is Your Bucket?



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It's not something you chose – the reactions just take over.