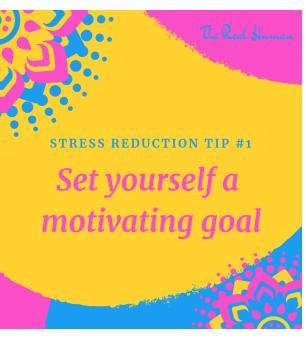
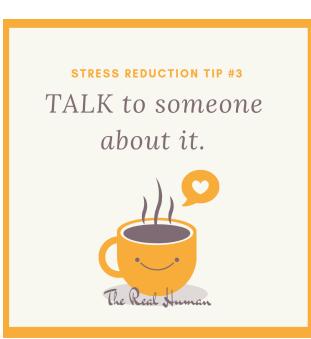


THE REAL HUMAN

30 day stress reduction challenge for musicians

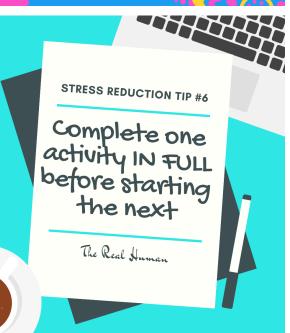














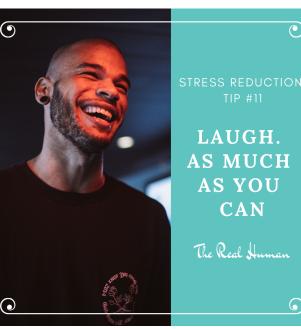
The Real Hum

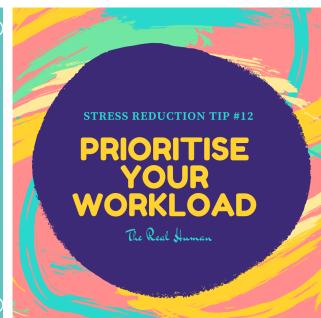


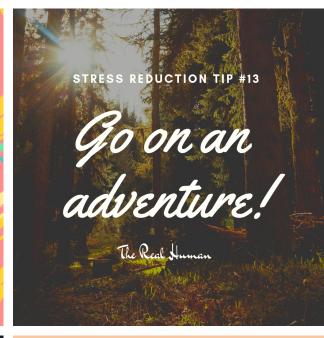










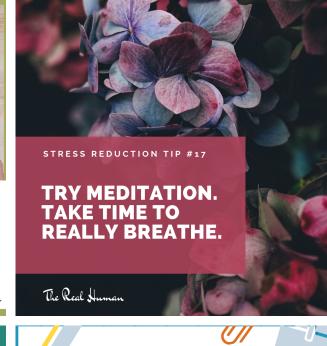




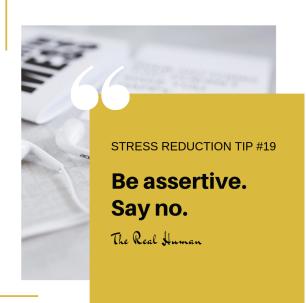






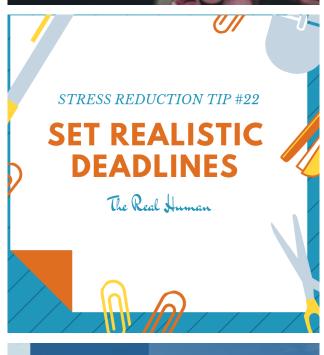


















STRESS REDUCTION TIP #25 **SPRING CLEAN** YOUR HOME

The Real human



STRESS REDUCTION TIP #30 VISUALISE

