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Our show is about life challenges that we find ourselves in as we endure life. These challenges are private, personal and overall precious to our hearts as many feel hopeless, helpless and very frustrated. As you continue to carry such weight, the effects may cause harm to many areas of your life including personal relationships with others and one's overall mental and physical health. Due to the taboo of therapy and personal fears many carry this pain without any relief. Our show will be a format for individuals to release such pain as one share their story in a therapeutic manner.

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