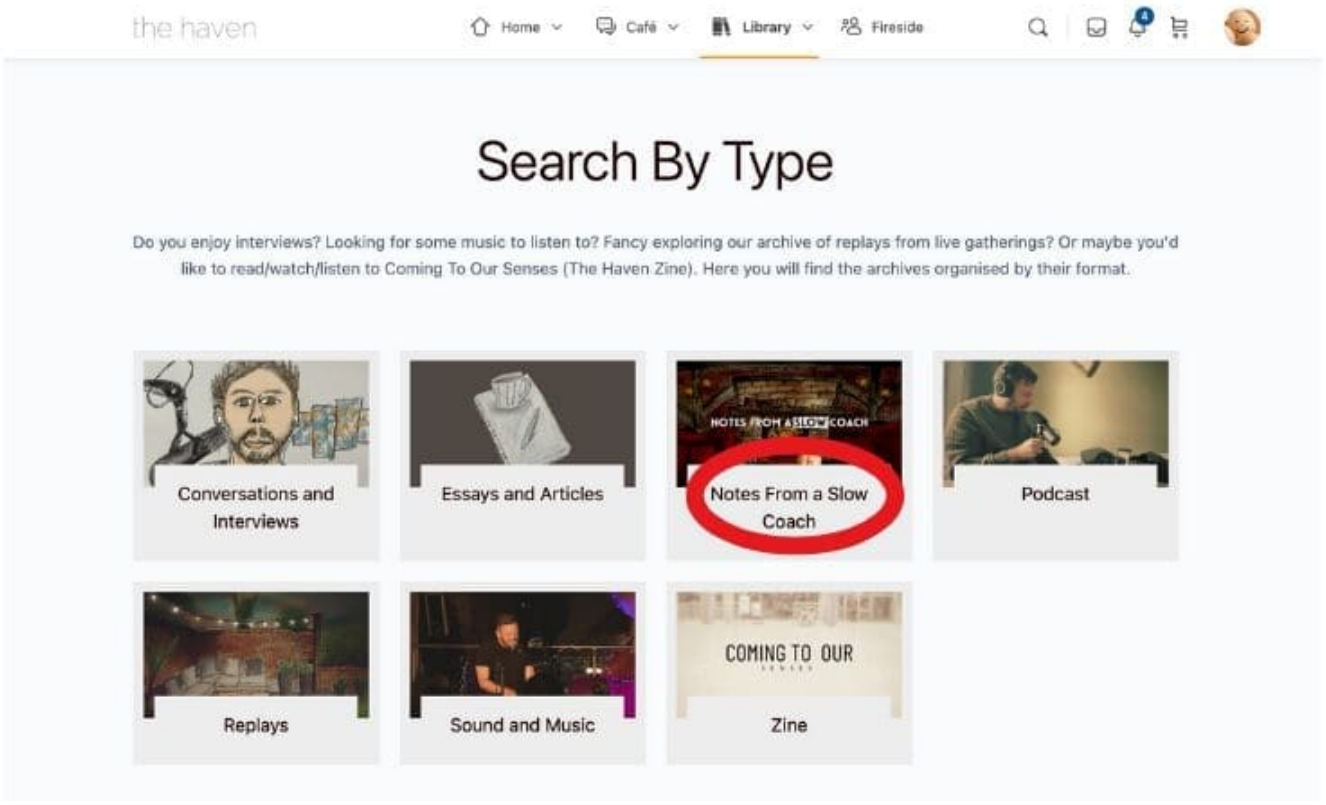
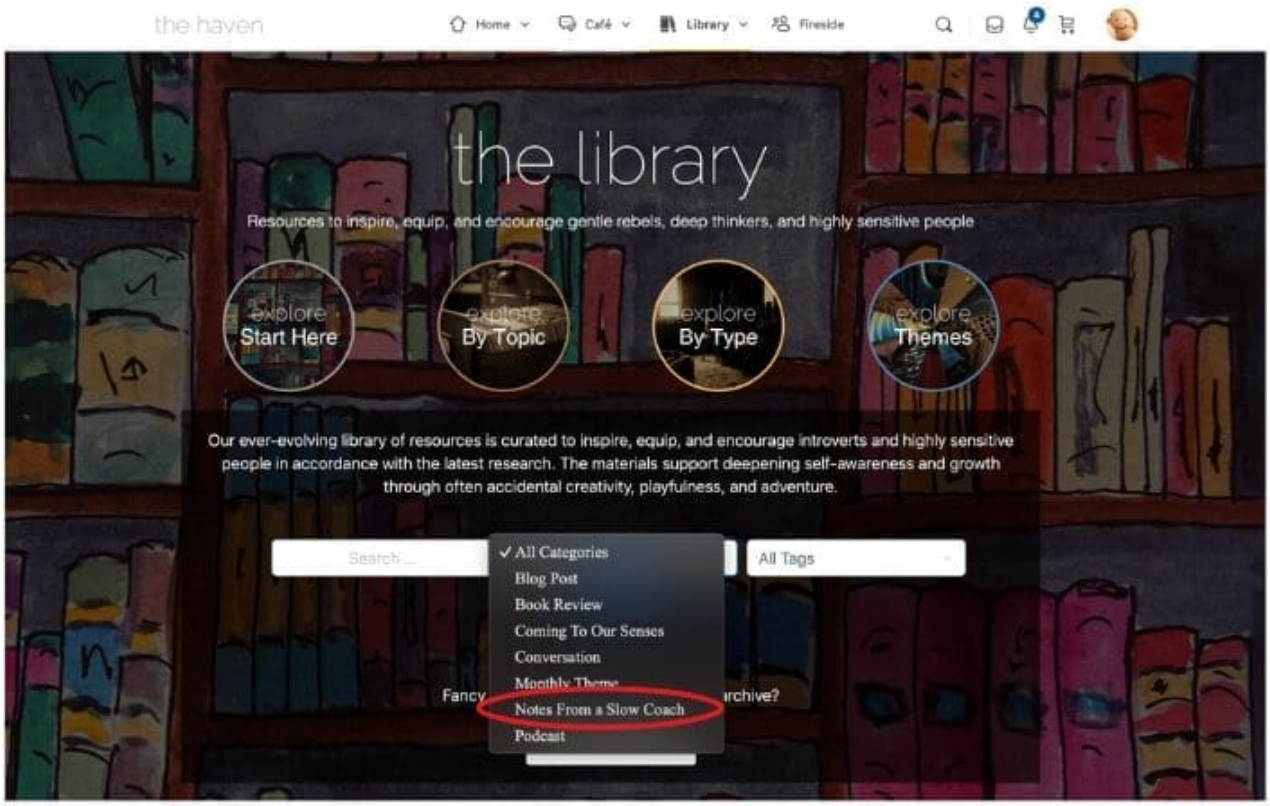
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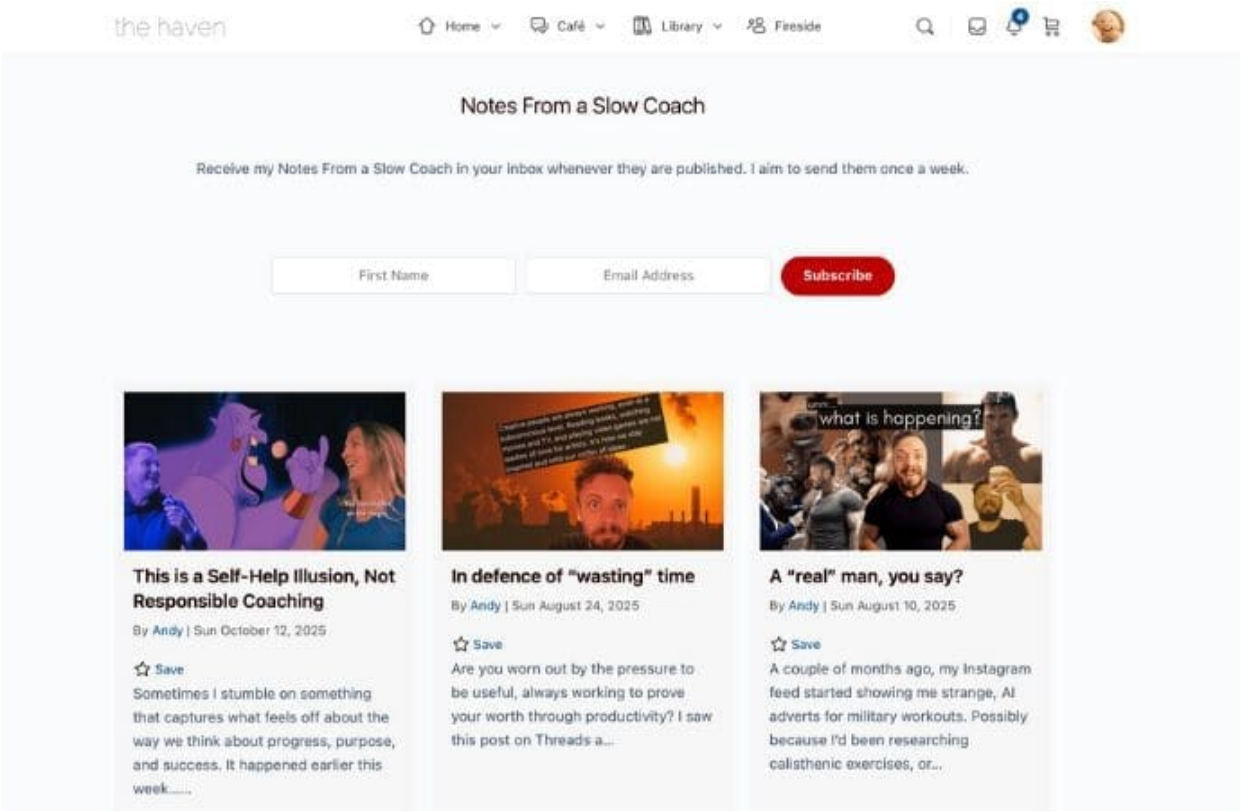
Notes From a Slow Coach is my regular blog-style newsletter where I explore something that has recently caught my attention. I often unpack ideas, assumptions, and trends that, if left unexamined, risk diverting us from our natural rhythms and depths. And consider meaningful ways to resist and rebel sustainably, gently, and creatively.





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