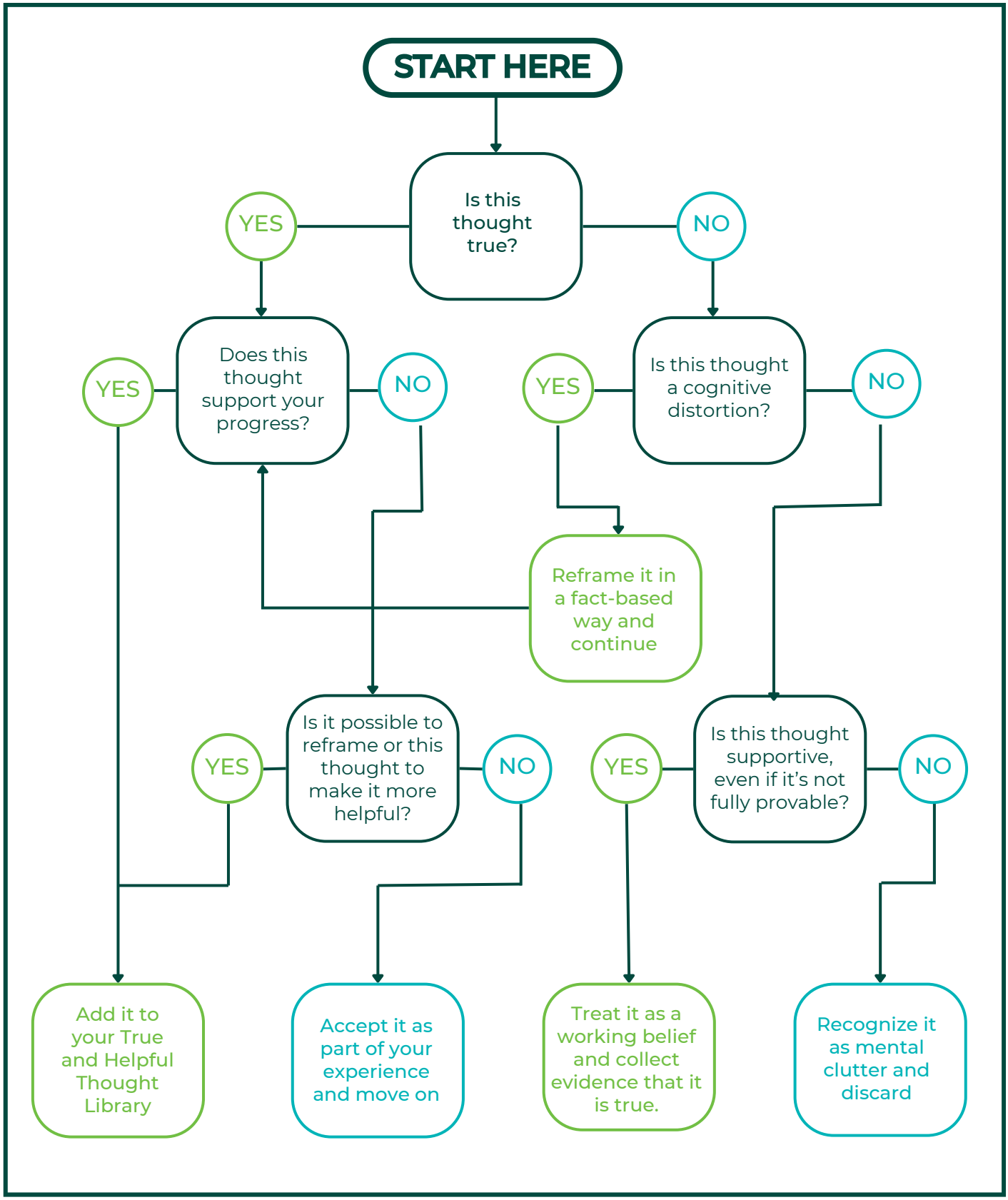
Change Academy Lab Notes

TOPIC: What do do with your thoughts **EPISODE** #157