



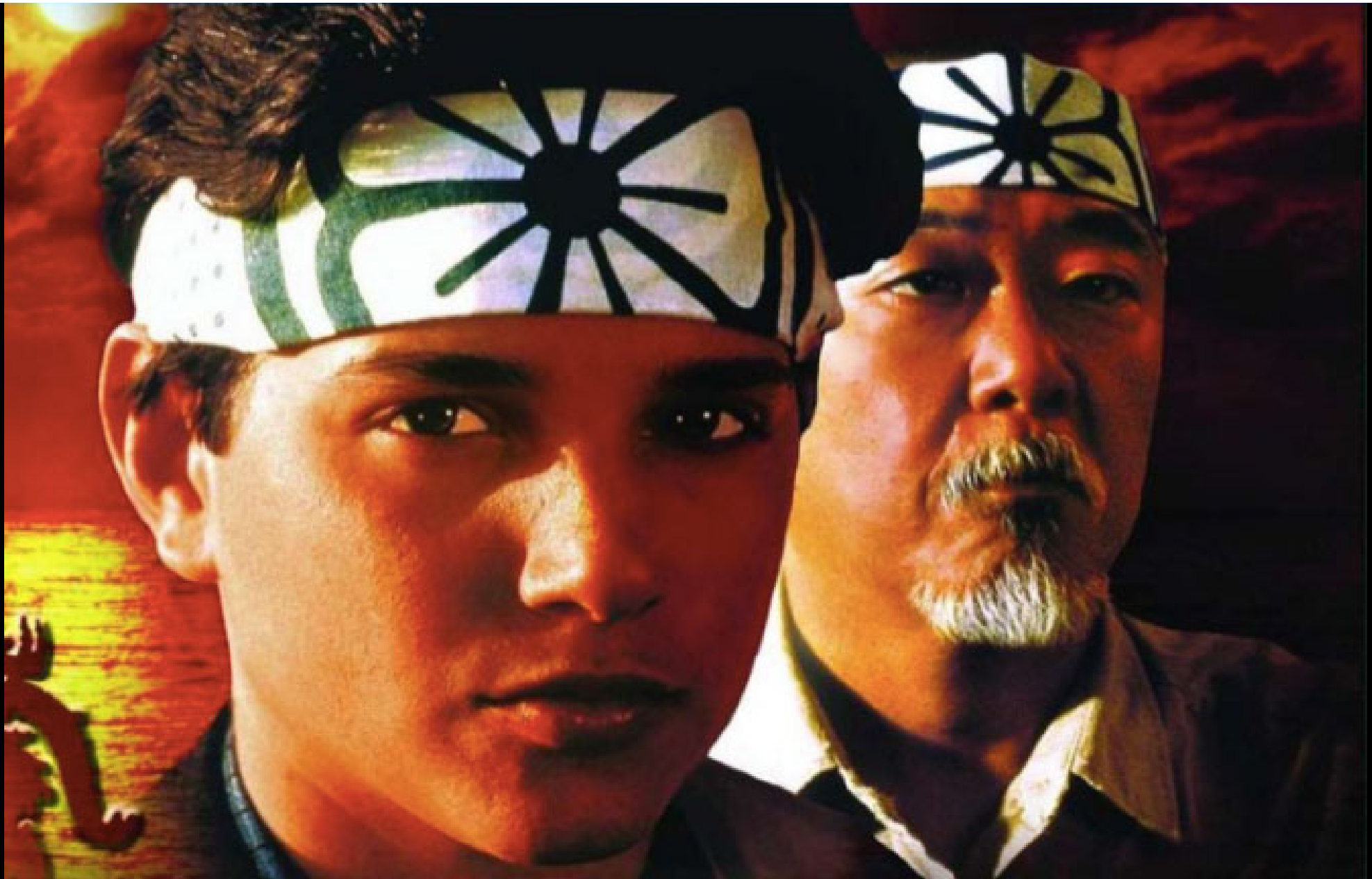
**NADINE CHAMPION**

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**10 SECONDS OF COURAGE**

**#10secondsofcourage**







**BENNY** "The Jet"  
**URQUIDEZ**





**INTERNAL TRAINING**



**CHANGE**  
**YOUR THINKING**



10 SECONDS OF  
**COURAGE**





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10 Seconds of Courage



10 Seconds of Courage



# 10 SECONDS OF **COURAGE**

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**Nadine Champion**



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IT DOESN'T HURT LESS  
YOUR EYES

IF YOU CLOSE



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