

A man with dark, curly hair is shown from the chest up, wearing a dark t-shirt. He has both hands pressed against his face, covering his eyes and nose, in a gesture of distress, frustration, or despair. The background is dark, and there is a soft, warm light source from the left, creating a glow on his hands and face.

ASTROCHEMISTRY CONSULTING PRESENTS

"IT'S NOT ABOUT YOU."

**LESSONS, MEMORIES AND
TECHNIQUES IN CRISIS
COMMUNICATION.**

WRITTEN BY

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