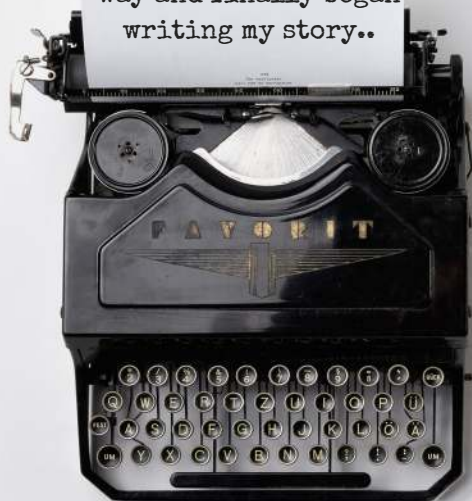


I got out of my own  
way and finally began  
writing my story..



The Navigation Coach