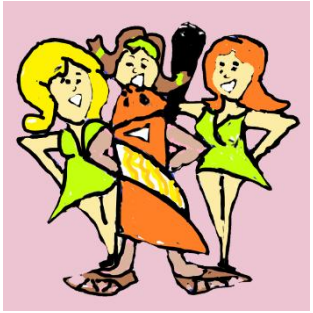
Challenges

mental/emotional, physical/spiritual