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Our website, events and services provide information, not advice.

When we refer to the SEJ Process, we are referring to all associated businesses owned by the Self Empowerment Foundation: including Stay Mentally Healthy (SMH) and Become Your Own Therapist.

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If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. If you think you are experiencing any medical condition, you should seek immediate medical attention from a doctor or other professional healthcare provider.

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