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The information provided in or through this Website/Facebook group is for educational and informational purposes only and solely as a self-help tool for your own use.

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If you are a paying and non-paying user and is currently under the care of a mental health professional, it is recommended that you promptly inform the mental health care provider of the nature and extent of any coaching and personal development being undertaken using this web site.

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- does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association
- is not to be used as a substitute for counselling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals
- that it is the Client's exclusive responsibility to seek such independent professional guidance as needed

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