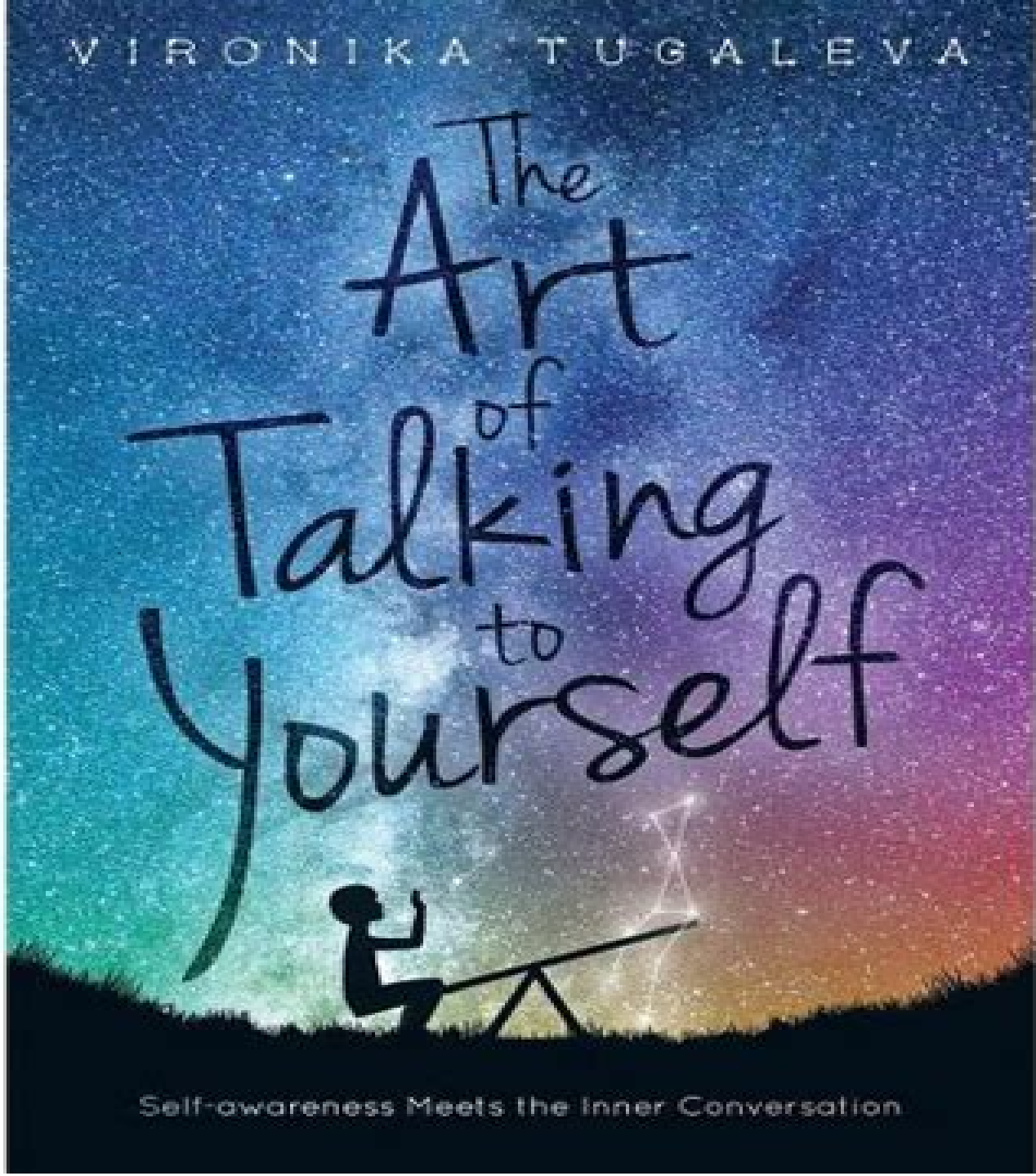


VIRONIKA TUGALEVA

The Art of Talking to Yourself

The background of the cover is a vibrant, colorful night sky with a gradient from deep blue at the top to orange and red at the bottom, suggesting an aurora borealis. The sky is filled with numerous small white stars. In the lower center, there is a black silhouette of a person sitting on a tripod, looking up at the sky. The person's right hand is raised towards their face. The overall mood is contemplative and serene.

Self-awareness Meets the Inner Conversation

Art Of Talking To Yourself

A Loxley



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