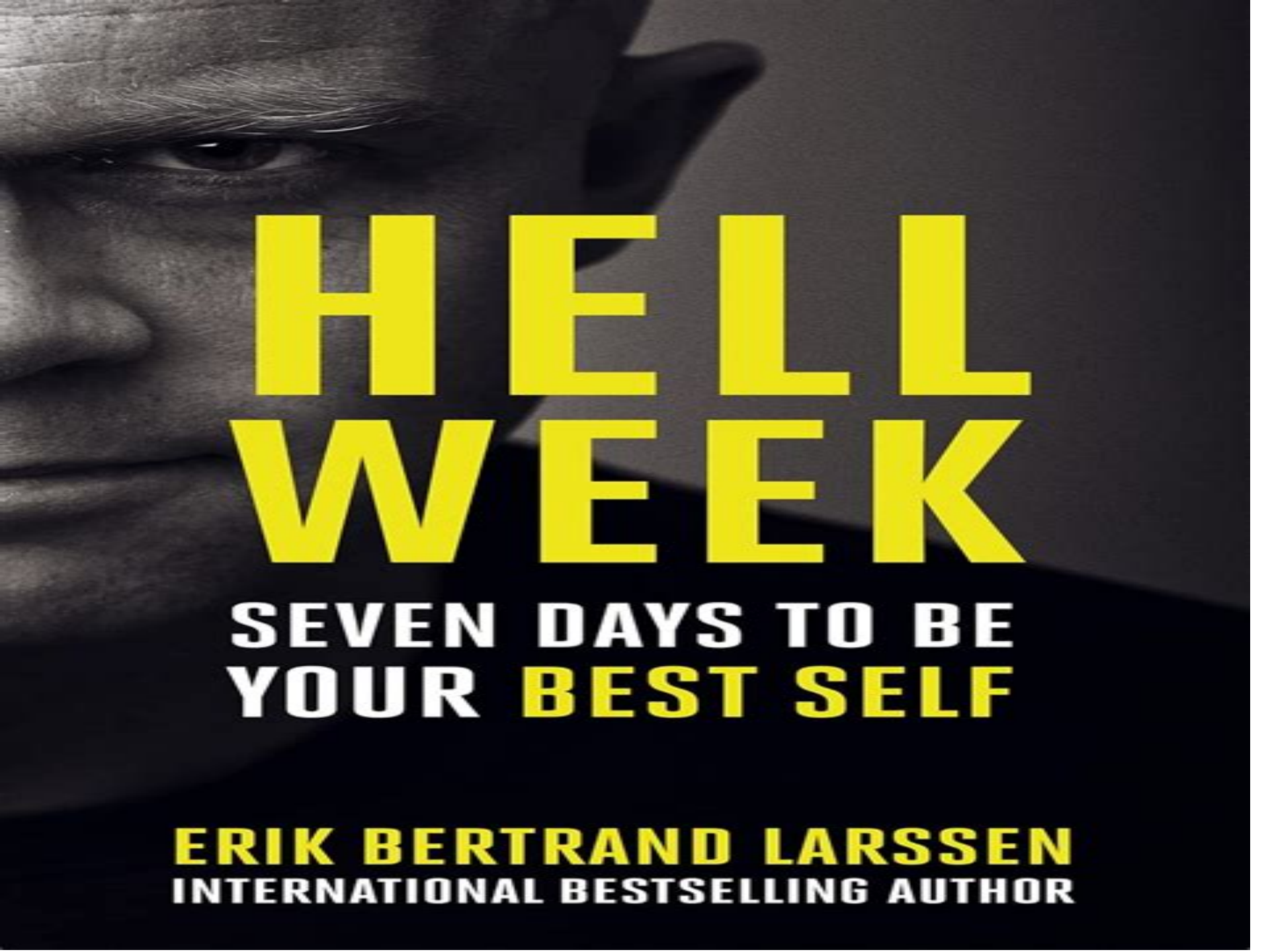


A close-up, black and white photograph of a man's face, showing his eyes, nose, and mouth. The image is dark and moody, with the man's face being the central focus. The text is overlaid on the right side of the image.

# HELL WEEK

SEVEN DAYS TO BE  
YOUR **BEST SELF**

**ERIK BERTRAND LARSSSEN**  
INTERNATIONAL BESTSELLING AUTHOR

# Hell Week Seven Days To Be Your Best Self

**J Rink**



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