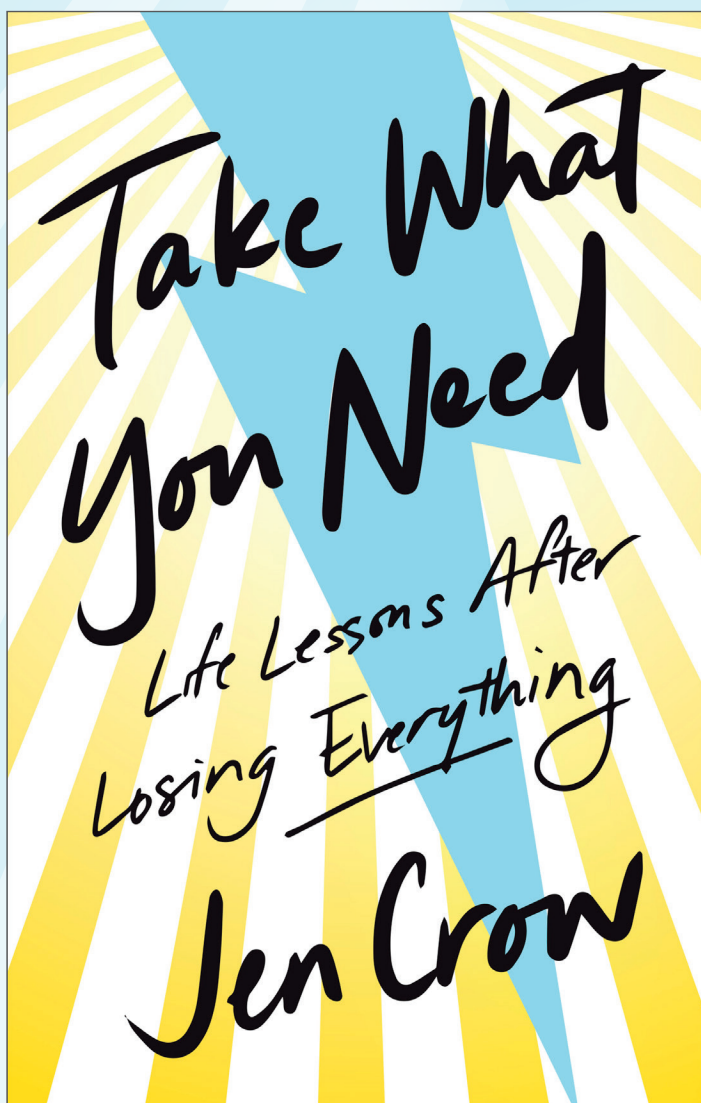


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TAKE WHAT YOU NEED

Life Lessons after Losing Everything

JEN CROW

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JEN CROW serves as Senior Minister at the First Universalist Church of Minneapolis. She is the founder of Wellspring, a Unitarian Universalist program of spiritual deepening used across the country. Her commitment to recovery, spirituality, transformative love, and authenticity is at the center of her life and work. She lives with her wife and kids in Minneapolis, Minnesota.

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