



### Student Accessibility Services (SAS) McMaster

39 mins • 🌐

“Comparing yourself is the most toxic thing you can do. I wished I didn’t have to go through this mental stress. But then, I wouldn’t be me.”

“La comparación de uno mismo es la cosa más tóxica que uno puede hacer. Yo quisiera no tener que experimentar este estrés mental. Pero entonces, yo no sería yo.”

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*The Silhouette*



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McMASTER**

