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Holden On - The Movie

I just wanted to give you a heads up on two things that posted on my blog today. I didn't know if you would see my tweets about it or not and wanted to make sure you didn't miss it.

The interview I did with the producer of the movie

<https://mindbodythoughts.com/the-mental-health-secret-of-holden-on/>

More on the movie showing at SF IndieFest

<https://mindbodythoughts.com/holden-on-at-sf-indiefest/>

Hope you get a chance to check out these blog posts.

Please help by passing this along!

"Holden On" together!

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