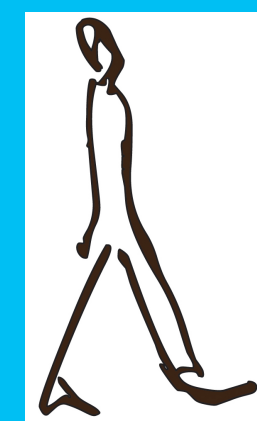


JULIA CHRISTIAN OTR/L

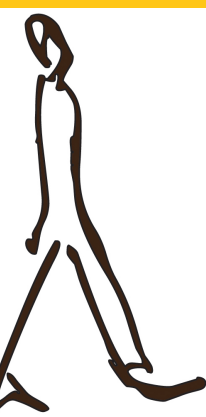
LIFE HACKS AND OTHER THINGS

A how to guide on hacking it after a injury



**“THE ART OF LIFE IS A CONSTANT
READJUSTMENT TO OUR
SURROUNDINGS”**

~KAKUZO OKAKAURA



AREAS TO HACK IT



DRESSING



BATHING



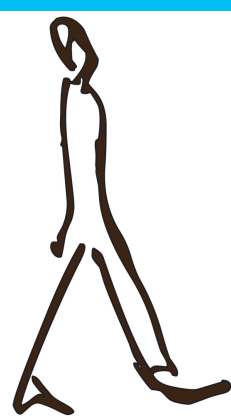
TOILET



COOKING



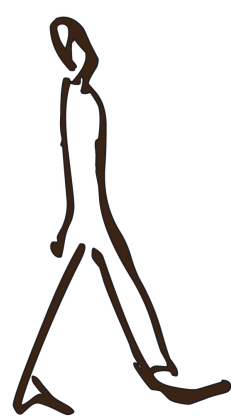
ENVIRONMENT



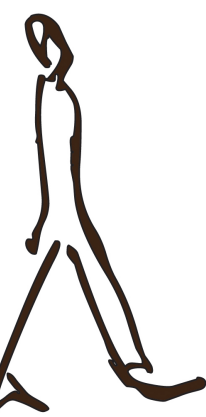
DRESSING



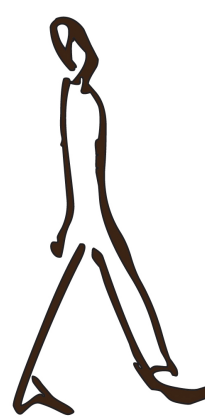
“Let’s Get Some Shoes”



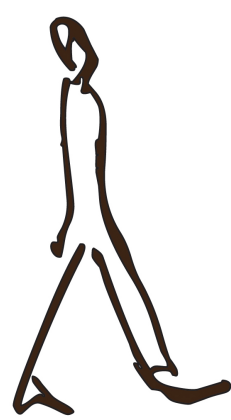
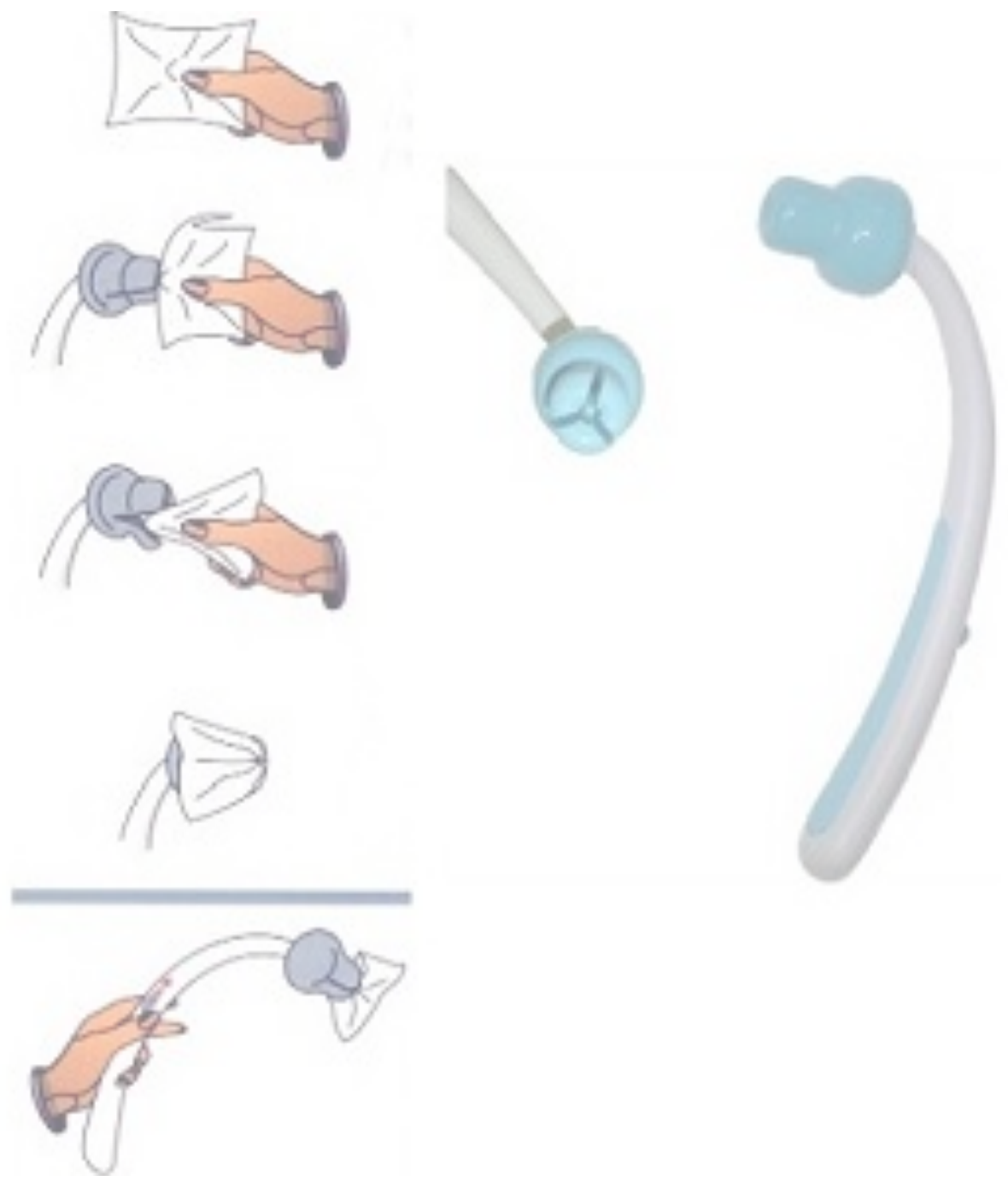
THE BRA DILEMMA



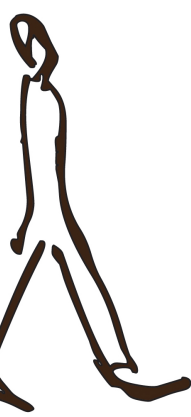
BATHING



THE TOILET



KITCHEN, LAUNDRY, GROCERY



YOUR HOME

