

Seven



Part I

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Chapter 1



Every day for the last five and a half years I need to spend about two hours a day in healing

If I did not do this I would not be able to walk. The Borg implants inhibit my healing, so I cannot heal fully. Until the implants are removed and my immune system can function properly on its own I must spend about two hours a day regenerating.

[Hard to Kill – Meditation & Training](#)

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End of Part I