

The background of the top half of the cover is a vibrant blue. It features three individuals in dynamic, energetic poses. A woman on the left has her right arm raised and is smiling. A man in the center has his arms raised and a joyful expression. A woman on the right has her left arm raised and is also smiling. Overlaid on this scene is the word 'Nia' in a large, light-colored, sans-serif font. The letter 'i' in 'Nia' is replaced by a solid yellow circle. The word 'THE' is positioned above 'Nia' in a bold, yellow, sans-serif font, and the word 'TECHNIQUE' is positioned below 'Nia' in the same bold, yellow, sans-serif font.

THE Nia TECHNIQUE

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