

7.1 Engine Removal

5. Remove the gear linkage from the gear selector shaft.



6. Disconnect the Stator, Gear Indicator and Crank Position Sensor cables located in front of the air-box assembly, left side.



7. Remove the Spark Plug cap. It is recommended to remove the HT coil and cap in one unit to prevent accidental damage.

When refitting, tighten the **bolt (M6 x 35mm)** to 7Nm



8. Ensure the engine is well supported and remove the 2 engine mounting bracket bolts (M8 x 90mm), followed by the engine mount bracket chassis bolt (M10 x 150mm) and remove the bracket.

When refitting tighten the M8 bolts to 60Nm and the M10 bolt to 80Nm



9. Remove the rear engine mounting bolts (M10 x 120mm). The engine can be removed from the machine by tilting forwards slightly and lowering.

When refitting tighten these bolts to 60Nm



Refitting the engine is the reverse of the removal procedure. Care should be taken when lifting heavy items and lifting equipment should be used where necessary.

Lexmoto 125 Manual

VM Jensen



Lexmoto 125 Manual:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Lexmoto 125 Manual** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

https://splashdogs.com/results/virtual-library/index.jsp/grade_1history_exam_papers_21.pdf

Table of Contents Lexmoto 125 Manual

1. Understanding the eBook Lexmoto 125 Manual
 - The Rise of Digital Reading Lexmoto 125 Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Lexmoto 125 Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lexmoto 125 Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lexmoto 125 Manual
 - Personalized Recommendations
 - Lexmoto 125 Manual User Reviews and Ratings
 - Lexmoto 125 Manual and Bestseller Lists
5. Accessing Lexmoto 125 Manual Free and Paid eBooks
 - Lexmoto 125 Manual Public Domain eBooks
 - Lexmoto 125 Manual eBook Subscription Services
 - Lexmoto 125 Manual Budget-Friendly Options
6. Navigating Lexmoto 125 Manual eBook Formats

- ePub, PDF, MOBI, and More
- Lexmoto 125 Manual Compatibility with Devices
- Lexmoto 125 Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lexmoto 125 Manual
 - Highlighting and Note-Taking Lexmoto 125 Manual
 - Interactive Elements Lexmoto 125 Manual
- 8. Staying Engaged with Lexmoto 125 Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lexmoto 125 Manual
- 9. Balancing eBooks and Physical Books Lexmoto 125 Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lexmoto 125 Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Lexmoto 125 Manual
 - Setting Reading Goals Lexmoto 125 Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lexmoto 125 Manual
 - Fact-Checking eBook Content of Lexmoto 125 Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Lexmoto 125 Manual Introduction

In the digital age, access to information has become easier than ever before. The ability to download Lexmoto 125 Manual has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Lexmoto 125 Manual has opened up a world of possibilities. Downloading Lexmoto 125 Manual provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Lexmoto 125 Manual has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Lexmoto 125 Manual. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Lexmoto 125 Manual. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Lexmoto 125 Manual, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Lexmoto 125 Manual has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Lexmoto 125 Manual Books

What is a Lexmoto 125 Manual PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Lexmoto 125 Manual PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Lexmoto 125 Manual PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Lexmoto 125 Manual PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Lexmoto 125 Manual PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Lexmoto 125 Manual :

[grade 1history exam papers 21](#)

[grade 3 ana test 2014](#)

[grade 1mathematics paper 2 june 2011](#)

[grade 1tourism question paper for 2011](#)

grade 5 journeys weekly test lesson 18

[grade 1life sciences question papers](#)

grade 1life sciences practical memo paper

[grade 4 cause and effect nonfiction reading with multiple](#)

[grade 1exemplar question paper 2013](#)

grade 1question paper 2 2014 nov

grade 1mathematics paper june 2memorandum

[grade 1math literacy march 2paper](#)

grade 1paper2 agriculture memorandum 2011

[grade 1november 2013 egd](#)

[grade 6 daily geography week 9 answers](#)

Lexmoto 125 Manual :

[kitchen science lab for kids google books](#) - Oct 28 2022

web aug 1 2014 in kitchen science lab for kids mom and scientist liz lee heinecke presents 52 family friendly labs that introduce fundamental scientific principles in a fun and accessible format

kitchen science lab for kids 52 family friendly experiments - Dec 30 2022

web kitchen science lab for kids offers 52 fun science activities for families to do together the experiments can be used as individual projects for parties or as educational activities groups kitchen science lab for kids will tempt families to cook up some physics chemistry and biology in their own kitchens and back yards many of the

[16 almost free kitchen science experiments for kids](#) - Jun 23 2022

web 16 almost free kitchen science experiments for kids science kiddo try these simple fun and frugal kitchen science experiments with your kids each experiment requires common kitchen ingredients recyclables and or kitchen scraps that were going into the trash anyway

[40 genius kitchen science lab projects for kids steam](#) - Jul 05 2023

web nov 7 2023 40 genius kitchen science lab projects for kids that will inspire kids spark curiosity promote healthy living and build scientific knowledge with projects from preschool through middle school there is something here for everything to help cook up some amazing learning experiences

[kitchen science lab for kids 52 family friendly experiments](#) - Sep 07 2023

web sep 15 2014 inspire a lifelong passion for science with these physics chemistry and biology experiments for kids all using common household tools and ingredients in kitchen science lab for kids mom and scientist liz lee heinecke presents 52 family friendly labs that introduce fundamental scientific principles in a fun and accessible format

kitchen science lab youtube - Jun 04 2023

web on home lab there are lots of kids science experiments that any parent can do at home my main topics include experiments for preschoolers crafts for kids water experiments air experiments

kitchen science lab from smartlab full review for kids who - Aug 26 2022

web today ttpm is reviewing the kitchen science lab from smartlab toys 40 kitchen science experiments and 25 tools are included kids will love doing these awesome kitchen science experiments at home

kitchen science lab for kids edible edition 52 mouth - Mar 01 2023

web kitchen science lab for kids goes through the science behind cooking and baking in a way that children will understand it highlights safety in the kitchen from asking for help with dangerous or difficult tasks to the best placement of pots on the stove

kitchen science lab for kids 52 family friendly experiments - Nov 28 2022

web sep 15 2014 the popular lab for kids series features a growing list of books that share hands on activities and projects on a wide host of topics including art astronomy clay geology math and even how to create your own circus all authored by established experts in

amazon com smartlab toys kitchen science lab with 40 - Apr 02 2023

web may 1 2021 frequently bought together this item smartlab toys kitchen science lab with 40 activities to amaze and astound 3199 national geographic stunning chemistry set mega science kit with 45 easy experiments make a volcano and launch a rocket stem projects for kids ages 8 12 science toys amazon exclusive 3453

kitchen science lab for kids 52 family friendly experi - Aug 06 2023

web jan 1 2014 inspire a lifelong passion for science with these physics chemistry and biology experiments for kids all using common household tools and ingredients in kitchen science lab for kids mom and scientist liz lee heinecke presents 52 family friendly labs that introduce fundamental scientific principles in a fun and accessible

little learning labs kitchen science for kids abridged - Apr 21 2022

web in this abridged paperback edition of kitchen science lab for kids little learning labs kitchen science for kids offers 26 fun science activities for families to do together the experiments can be used as individual projects for parties or as educational activities for groups perfect for girl scout brownies looking to earn their home

kitchen science lab for kids on apple books - Jan 31 2023

web aug 1 2014 inspire a lifelong passion for science with these physics chemistry and biology experiments for kids all using common household tools and ingredients in kitchen science lab for kids mom and scientist liz lee heinecke presents 52 family friendly labs that introduce fundamental scientific principles in a fun and accessible format

kitchen science lab for kids 52 family friendly experiments - May 03 2023

web kitchen science lab for kids 52 family friendly experiments from around the house 4 lab series heinecke liz lee amazon co uk books

kitchen science lab for kids edible edition 52 mouth - Feb 17 2022

web jun 11 2019 explore the science of making food with 52 delicious recipes designed for kids from healthy homemade snacks to scrumptious main dishes and mind boggling desserts when you step into your kitchen to cook or bake you put science to work

kitchen science experiments for kids thoughtco - Jul 25 2022

web sep 2 2019 01 of 20 rainbow density column kitchen chemistry you can layer a density column using sugar food coloring and water anne helmenstine make a rainbow colored liquid density column this project is very pretty plus it s safe enough to drink experiment materials sugar water food coloring a glass 02 of 20

kitchen science lab youtube - Sep 26 2022

web i am happy to share these ideas with you turn your kitchen into a science lab with these simple science experiments they will make your child absolutely fall in love with science

50 kitchen science experiments for kids science sparks - May 23 2022

web mar 11 2021 the kitchen is a great place to explore science with children even something as simple as melting chocolate is a great science experiment you can cook bake set up a sensory activity create science magic make lava lamps and volcanoes or even play with ice

[kitchen lab 4 kids k4k](#) - Oct 08 2023

web the goal of the project is to improve educators curricula by supporting them deliver high quality teaching using innovative methods to teach sciences and to create a positive and curious attitude in children since the early years of their lives thus preventing under skilling in

20 kitchen science experiments for kids the science kiddo - Mar 21 2022

web these jaw dropping kitchen science experiments will wow kids from preschool on up a collection of more than 20 experiments to do at home or at school

schaum s outline of theory and problems of college physics at - Jul 05 2023

web igcse at ua igcse at ua

schaum s outline of modern physics schaum s outlines - Mar 21 2022

web amazon in buy schaum s outline of modern physics schaum s outlines book online at best prices in india on amazon in read schaum s outline of modern physics schaum s outlines 3000 solved problems in physics schaum outline series alvin halpern 4 4 out of 5 stars

schaum s outline of physics for engineering and science fourth - Feb 17 2022

web sep 25 2019 schaum s outline of physics for engineering and science fourth edition features 788 fully solved problems 25 problem solving videos succinct review of physics topics such as motion energy fluids waves heat and magnetic fields clear concise explanations of all general physics concepts content supplements the major

schaum s outline of theory and problems of applied physics - Jun 23 2022

web schaum s outline of theory and problems of applied physics by arthur beiser publication date 2004 topics physics publisher mcgraw hill

3000 solved problems in physics by schaums pdf - Sep 07 2023

web 3000 solved problems in physics by schaums pdf 3000 solved problems in physics by schaums pdf sign in details

schaum s outline of college physics twelfth edition - Jun 04 2023

web nov 3 2017 schaum s outline of college physics 12th edition features updated content to match the latest curriculum over 900 fully solved problems hundreds of practice problems with answers clear explanations for all physics concepts an accessible outline format for quick and easy review access to revised schaums com

schaum s outline of theory and problems of modern physics - Mar 01 2023

web 1 1 events and coordinates 1 2 galilean coordinate transformations 1 3 galilean velocity transformations 1 4 galilean acceleration transformations 1 5 invariance of an equation chapter 2 the postulates of einstein 2 1 absolute space and the ether 2 2 the michelson morley experiment 2 3 length and time measurements a question of principle

schaum s mcgraw hill professional - Aug 06 2023

web dec 11 2020 schaum s showing 1 10 of 200 sort by higher education schaum s outline of engineering mechanics statics seventh edition 7th edition by merle c potter e w nelson charles l best william g mclean 2021 published december 11 2020 tough test questions missed lectures not enough time fortunately there s

schaum s outline of physics for engineering and science 788 - Dec 30 2022

web may 7 2013 this schaum s outline gives you 788 fully solved problems succinct review of physics topics such as motion energy fluids waves heat and magnetic fields support for all the major textbooks for physics for engineering and science courses fully compatible with your classroom text schaum s highlights all the important facts you

schaum s outline of theory and problems of modern physics - Jul 25 2022

web explains the principles of over twenty topics in modern physics including relativity electron spin nuclear reactions and quantum statistics and includes a selection of completely solved problems that emphasize the lessons preview this book

schaum s outline of physics for engineering and science fourth edition - Aug 26 2022

web oct 16 2019 schaum s outline of physics for engineering and science fourth edition features 788 fully solved problems 25 problem solving videos succinct review of physics topics such as motion energy fluids waves heat and magnetic fields clear concise explanations of all general physics concepts content supplements the major

schaum s outline of theory and problems of college physics - Jan 31 2023

web schaum s outline of theory and problems of college physics frederick j bueche frederick bueche eugene hecht mcgraw hill 1997 physics 437 pages the ninth edition features an order of presentation that reflects the physics curriculum and textbooks

schaum s outline of college physics 11th edition google books - Apr 02 2023

web sep 19 2011 the ideal review for your college physics course more than 40 million students have trusted schaum s outlines for their expert knowledge and helpful solved problems written by renowned

schaum s outline of college physics 9th ed bueche hecht pdf - Oct 08 2023

web university physics is designed for the two or three semester calculus based physics course the text has been developed to meet the scope and sequence of most university physics courses and provides a foundation for a career in

[schaum s outline of theory and problems of modern physics](#) - May 23 2022

web jan 7 2023 imported from scriblio marc record schaum s outline of theory and problems of modern physics by ronald gautreau 1999 mcgraw hill edition in english 2nd ed

[download schaum s outline series pdf pdfdrive](#) - Apr 21 2022

web the treatment is suitable for a person wishing to study physics on his or her own without rolling in formal course the narrative dispassionate explanations are sufficiently clear and complete so that the book may be used either as

[schaum s outline of college physics twelfth edition pdf](#) - Oct 28 2022

web schaum s outline of college physics twelfth edition free pdf download eugene hecht 933 pages year 2017 physics read online pdf room

schaum s outlines of college physics amazon com - Sep 26 2022

web oct 15 2011 the ideal review for your college physics course more than 40 million students have trusted schaum s outlines for their expert knowledge and helpful solved problems written by renowned experts in their respective fields

schaum s outlines cover everything from math to science nursing to language the main feature for all these

physics schaum s study guides series test prep study guides - May 03 2023

web nov 12 2001 the ideal review for your physics course more than 40 million students have trusted schaum s outlines for their expert knowledge and helpful solved problems written by renowned experts in their respective fields schaum s outlines cover everything from math to science nursing to language

schaum s outline of college physics twelfth edition pdf - Nov 28 2022

web schaum s outline of college physics 12th edition features updated content to match the latest curriculum over 900 fully solved problems hundreds of practice problems with answers clear explanations for all physics concepts an accessible outline format for quick and easy review access to revised schaums com website

pulmonary rehabilitation lung and airway disorders msd - Feb 06 2023

web the most successful rehabilitation programs are those in which services are provided by a respiratory or physical therapist a nurse a doctor a psychologist or social worker and a dietitian working as the pulmonary rehabilitation team to

respiratory therapy types uses and respiratory therapists - May 09 2023

web feb 9 2022 table of contents types respiratory therapists when needed frequently asked questions respiratory therapy rt helps people with respiratory disorders and breathing difficulties a respiratory therapist is a medical professional who provides this type of therapy

respiratory therapist care to go beyond - Aug 12 2023

web respiratory therapist breathing normally is something everyone takes for granted no wonder respiratory therapists are like a breath of fresh air you work closely with doctors assessing planning and integrating pulmonary care for patients suffering from a variety of conditions ranging from asthma to lung cancer

respiratory therapist salary in singapore indeed - Apr 08 2023

web oct 26 2023 the average salary for a respiratory therapist is 4 398 per month in singapore 31 salaries reported updated at 26 october 2023 is this useful maybe top companies for respiratory therapists in singapore national university hospital 3 7 73 reviews 9 salaries reported

normal therapist respiratory therapist notebook u pdf - Jun 29 2022

web mar 29 2023 normal therapist respiratory therapist notebook u 2 7 downloaded from uniport edu ng on march 29 2023 by guest registered respiratory therapist who has helped thousands of students pass the licensure board exams through books videos study guides and online courses you can learn more by going to

respiratory therapy normal values reference guide 2023 - Jul 31 2022

web oct 22 2023 respiratory therapy normal values reference guide 2023 by john landry bs rrt updated oct 22 2023 knowing and understanding the different normal values is essential for making informed clinical decisions as a respiratory therapist

respiratory assessment and monitoring oxford academic - Feb 23 2022

web normal and abnormal findings of respiratory focused assessment are compared the principles and use of key respiratory monitoring techniques are described and their limitations are considered techniques covered include pulse oximetry capnography and the peak flow meter

respiratory therapist lined notebook respiratory therapy - Jul 11 2023

web read the latest magazines about respiratory therapist lined notebook respiratory therapy notebook rt journal 120 pages for respiratory therapists and respiratory therapy students therapy respiratory care rt therapy rtt and discover magazines on what is a respiratory therapist what to expect cleveland clinic - Mar 07 2023

web respiratory therapist a respiratory therapist is a healthcare provider who specializes in therapy that helps maintain or improve lung function during your appointment your respiratory therapist will examine your medical history perform tests and work with you to develop and implement a treatment plan

how to become a respiratory therapist forbes advisor - Jun 10 2023

web nov 13 2023 to qualify you must be at least 18 years old and have an associate degree in respiratory therapy from a program supported or accredited by the coarc you also must be a crt and earn a high cut

respiratory therapists u s bureau of labor statistics - Sep 01 2022

web sep 6 2023 job outlook employment of respiratory therapists is projected to grow 13 percent from 2022 to 2032 much faster than the average for all occupations about 8 600 openings for respiratory therapists are projected each year on average over the decade

what is a respiratory therapist and what do they do medical news today - Jan 05 2023

web nov 29 2021 a respiratory therapist rt is a specialized healthcare practitioner who has training in pulmonary medicine they help evaluate monitor and treat breathing and lung problems keep reading to

respiratory therapist nuhs national university health system - Oct 14 2023

web to practise as a respiratory therapist you will require a bachelor s degree in respiratory therapy currently there are no training institutions in singapore offering courses in respiratory therapy

respiratory therapy unit singapore general hospital - Sep 13 2023

web bronchiolitis and potential pathophysiological implications in coronavirus disease 2019 ards patients with near normal respiratory compliance huang cf sun pt tay ck crit care med 2020 jun 12 10 1097 ccm 0000000000004470 doi 10 1097 ccm 0000000000004470 online ahead of print pmid 32541570 our people

what is a respiratory therapist webmd - Dec 04 2022

web a respiratory therapist rt is a health professional who helps assess and treat breathing problems they work with doctors and nurses to evaluate lung function develop a care plan and

respiratory therapy techniques oxford academic - May 29 2022

web jul 1 2019 this chapter discusses respiratory therapy techniques and includes discussion on oxygen therapy discussion of intermittent positive pressure ventilation and description of ventilators modes of ventilation adjusting the ventilator barotrauma and weaning techniques

respiratory therapist an overview sciencedirect topics - Apr 27 2022

web the respiratory therapist plays a vital role in the monitoring of the pulmonary mechanics this specialist is typically responsible for recording and monitoring the ventilator settings as well as peak and plateau pressures the peak and

respiratory therapy clinical handbook utah valley university - Oct 02 2022

web respiratory therapy program page 3 respiratory therapist general duties set up and operate devices such as mechanical ventilators therapeutic gas administration apparatus environmental control systems and aerosol generators following specified parameters of treatment

what does a respiratory therapist do duties salary info - Nov 03 2022

web the average annual respiratory therapist salary in the u s is 70 540 those with a more advanced rrt certification typically earn more than entry level crts most respiratory therapists work full time and they can work shifts during normal business hours or they may work shifts during nights and weekends

normal therapist respiratory therapist notebook u pdf copy - Mar 27 2022

web title normal therapist respiratory therapist notebook u pdf copy features kualumni org created date 9 6 2023 10 40 58 am