

A photograph of two men sitting on a bench inside a boxing ring. The man on the left is younger, with short dark hair, wearing a blue t-shirt and black shorts. The man on the right is older, with grey hair, wearing a dark hoodie and dark pants. They are both looking towards the camera. The background shows the ropes of the boxing ring and framed pictures on the wall.

**\_Sean**

**\_#knifefree**

**\_ Focussing on boxing helped Sean go knife free. It's not always easy, but it is possible.**

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