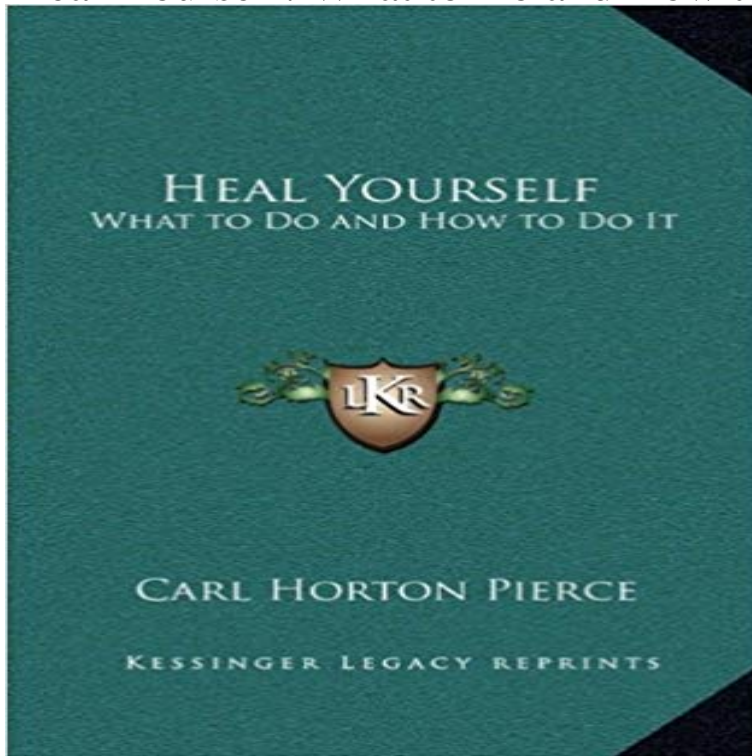


Heal Yourself: What to Do and How to Do It



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