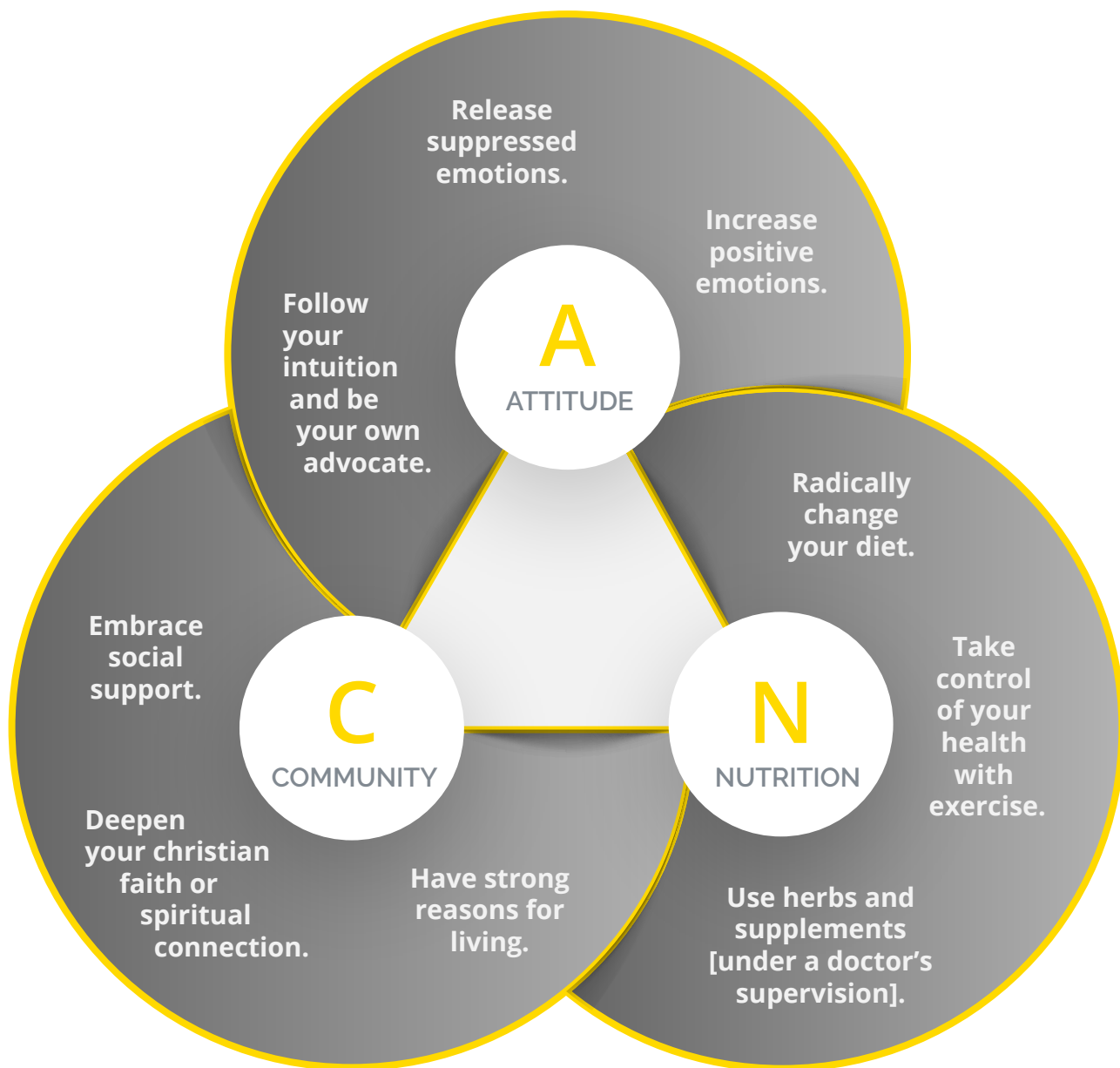


# 9 KEY ELEMENTS TO HEALING

I **C.A.N.** do this!



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*Chart inspired from the source: Radical Remission*