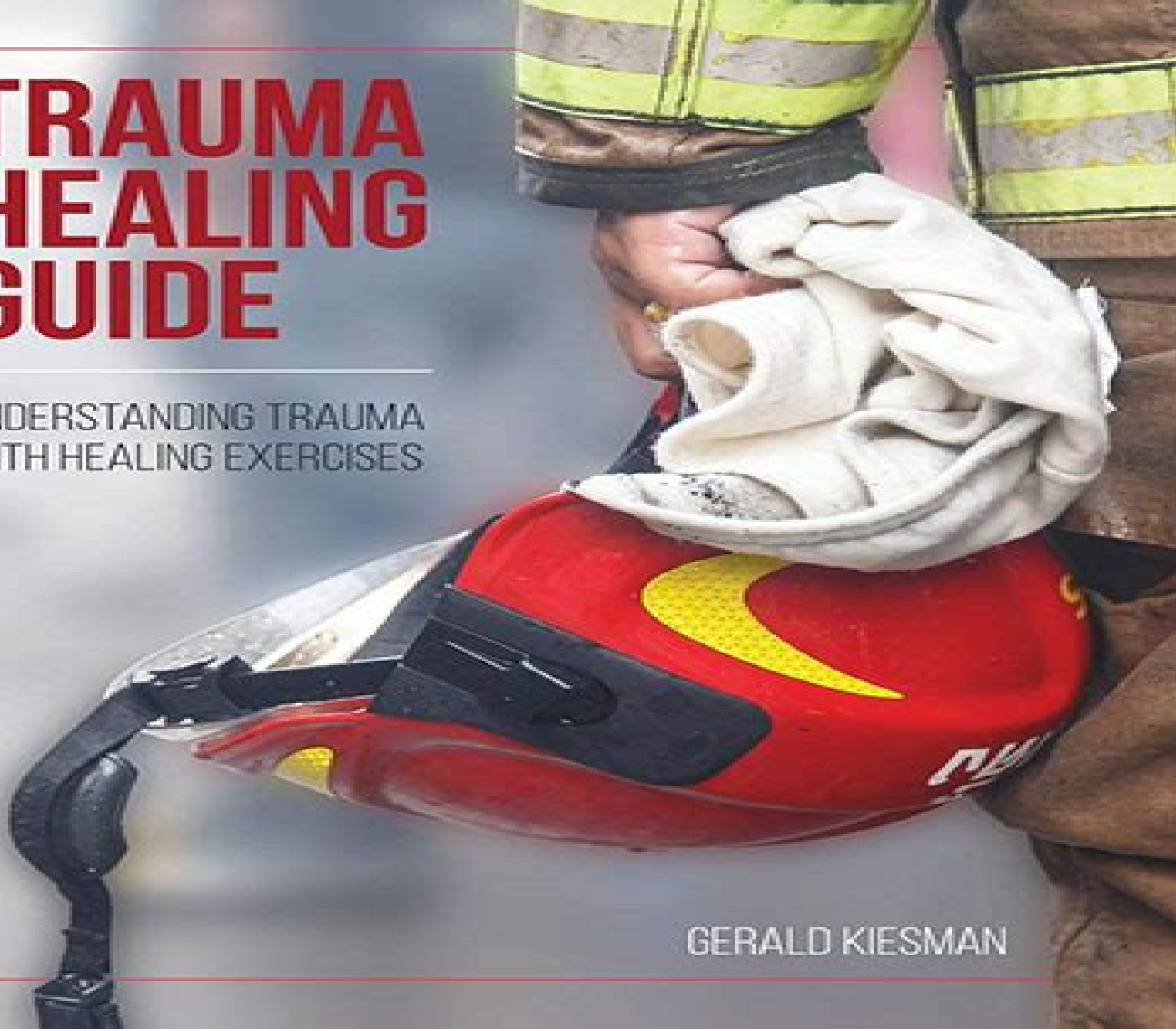


TRAUMA HEALING GUIDE

UNDERSTANDING TRAUMA
WITH HEALING EXERCISES

GERALD KIESMAN



Healing Trauma Guide 2026 Guide

Lara Fitzroy



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