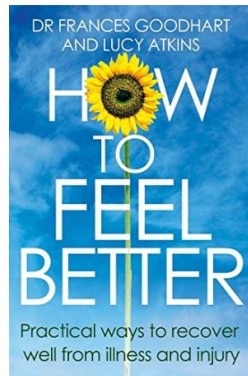


## How to Feel Better: Practical Ways to Recover Well from Illness and Injury



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