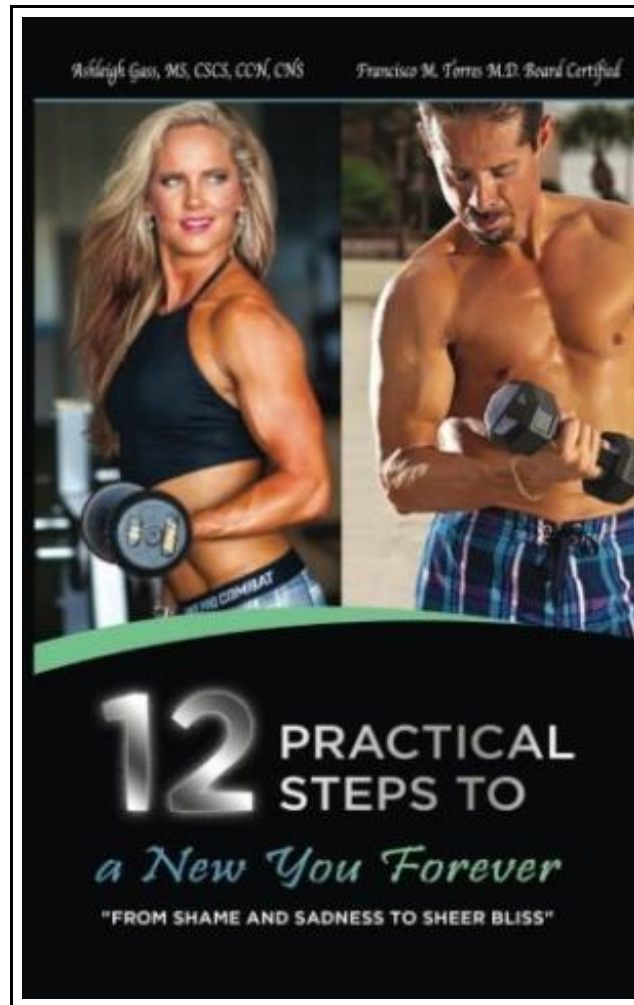


## 12 Practical Steps to a New You Forever: From Shame and Sadness to Sheer Bliss



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