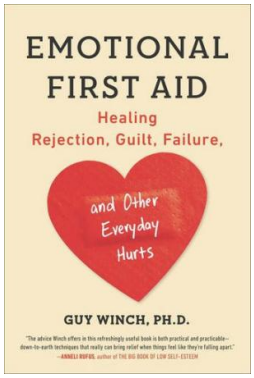
Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts



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