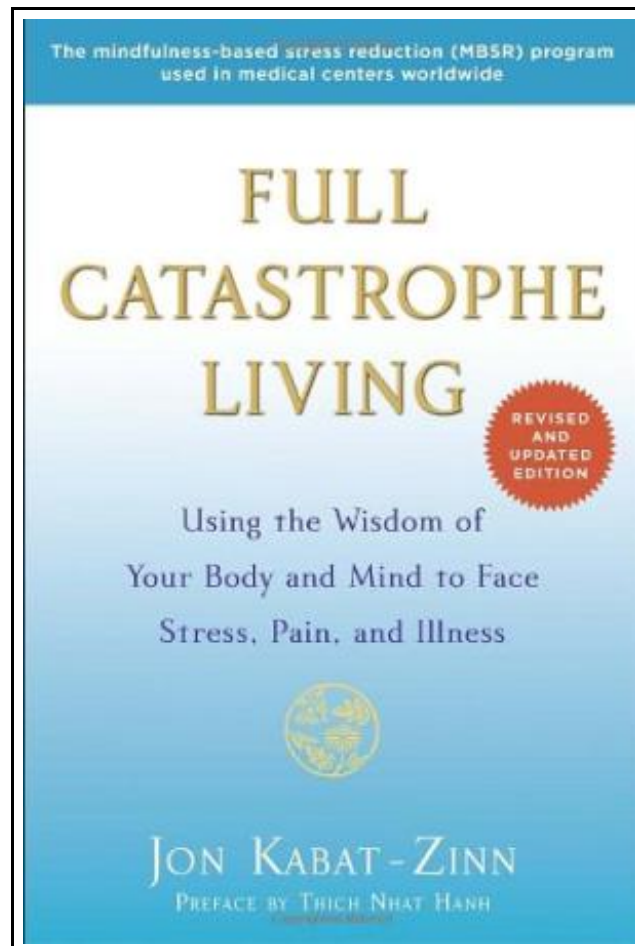


## Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness



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