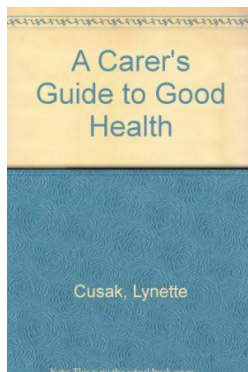


## A Carer's Guide to Good Health: How to Care for Yourself when Caring for Someone at Home



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