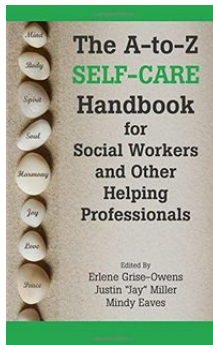


THE A-TO-Z SELF-CARE HANDBOOK FOR SOCIAL WORKERS AND OTHER HELPING PROFESSIONALS



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