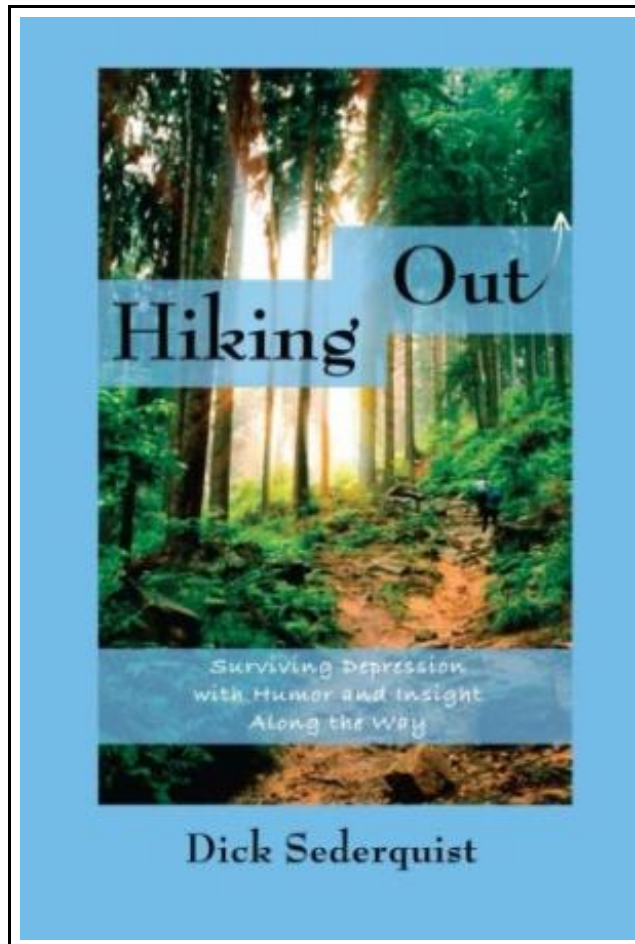


## Hiking Out: Surviving Depression with Humor and Insight Along the Way



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