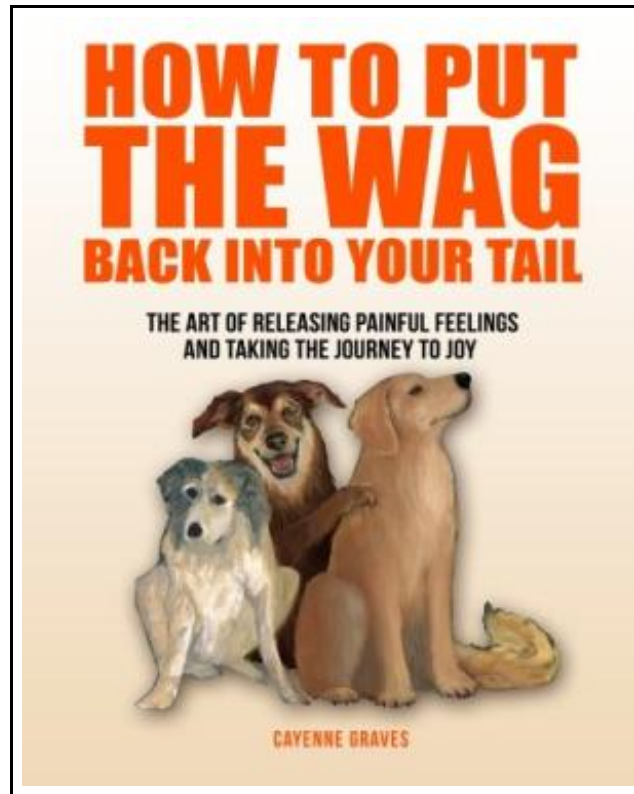


## How to Put the Wag Back Into Your Tail: The Art of Releasing Painful Feelings and Taking the Journey to Joy



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