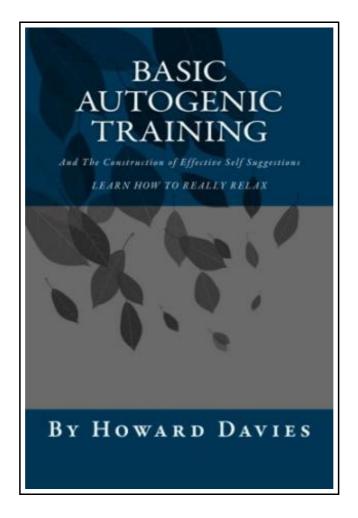
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BASIC AUTOGENIC TRAINING: AND THE CONSTRUCTION OF EFFECTIVE SELF SUGGESTIONS



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