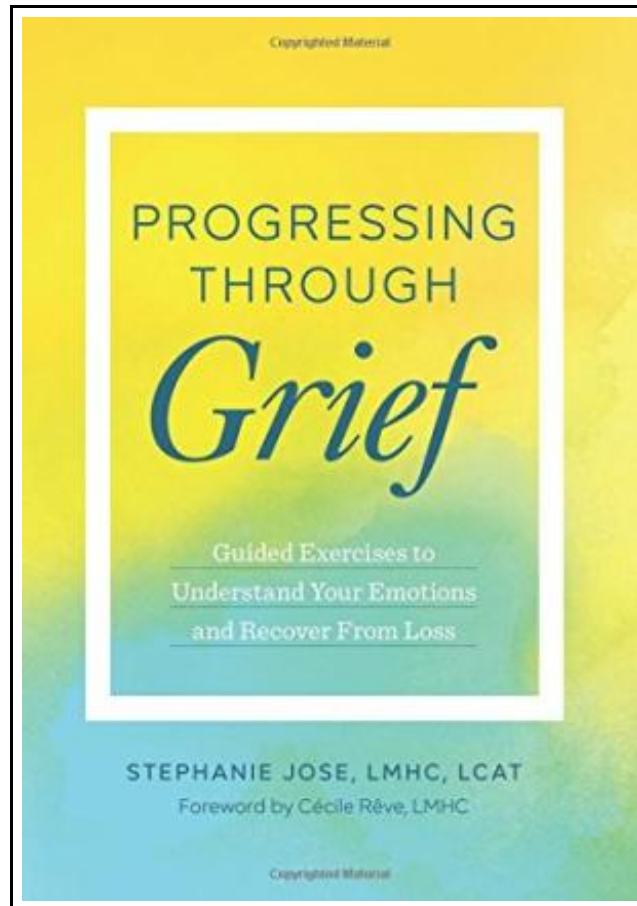


## Progressing Through Grief: Guided Exercises to Understand Your Emotions and Recover from Loss



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