

# SOMATIC THERAPY

Self-soothing Techniques for Healing Trauma

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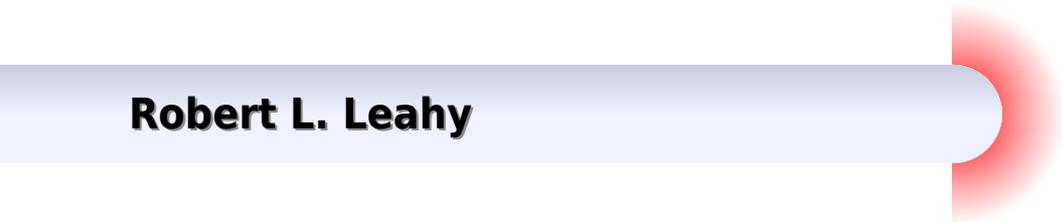


THE COMPLETE  
GUIDE TO HEALING  
TRAUMA AND  
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# Therapy Techniques Guide

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