

A silhouette of a person walking away from the viewer on a beach at sunset. The person is carrying a bag and is walking on the wet sand, which reflects the sky. The sky is filled with soft, colorful clouds in shades of blue, orange, and yellow. The overall mood is peaceful and contemplative.

Healing yourself emotionally is
undoubtedly the biggest gift
you could ever give yourself!

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Emotional Healing For Beginners

RC Schank



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