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# **Acupressure For Emotional Healing A Self Care Guide For Trauma Stress Common Emotional Imbalances A Self Care Guide For Trauma Stress And Common Emotional Imbalances By Michael Reed Gach Phd Beth Ann Henning Dipl A B**

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**tailored to your needs we ll discuss what you re currently experiencing any underlying conditions and i will share self care points you can use to"self Care The Art Of Acupressure Points And Yoga Stretch**

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