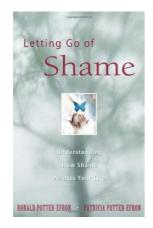
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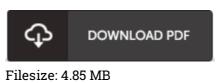
LETTING GO OF SHAME: UNDERSTANDING HOW SHAME AFFECTS YOUR LIFE



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