

# SELF CARE IDEAS



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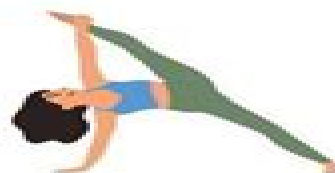
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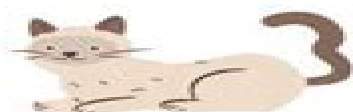
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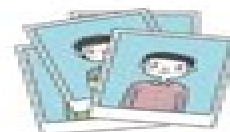
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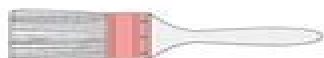
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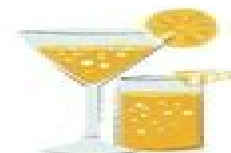
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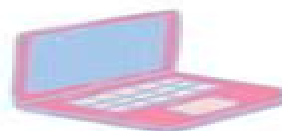
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# Ideas Self Help

**Leander Edmund Whipple**



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