



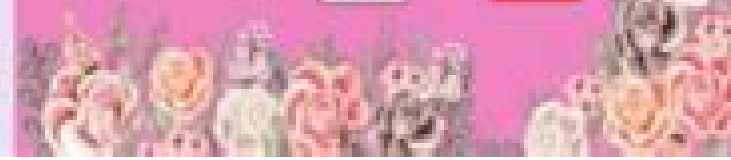
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# Self Help 2026 Guide

**Charles de Ledesma,David  
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