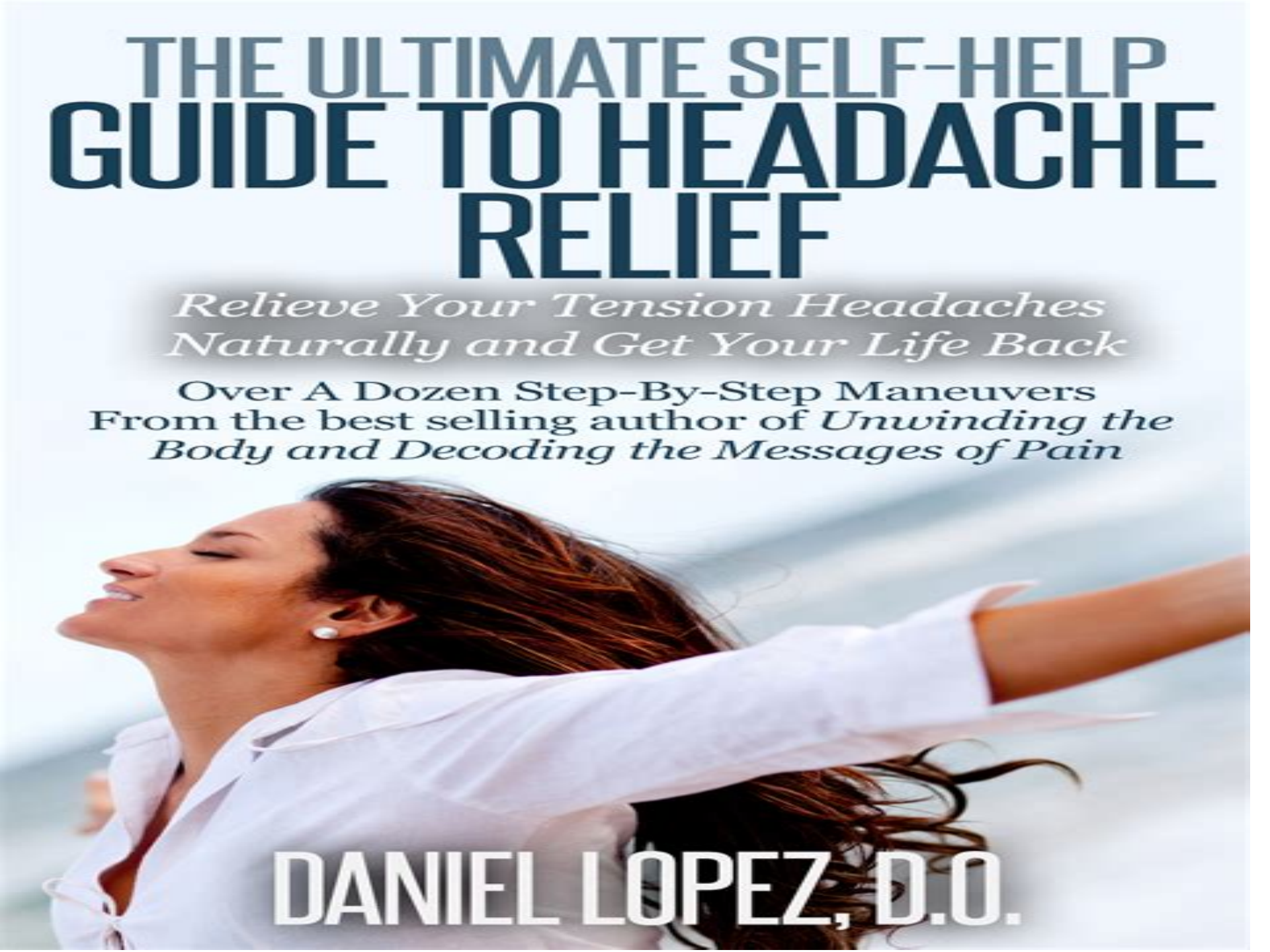


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*Relieve Your Tension Headaches  
Naturally and Get Your Life Back*

Over A Dozen Step-By-Step Maneuvers  
From the best selling author of *Unwinding the  
Body and Decoding the Messages of Pain*



DANIEL LOPEZ, D.O.

# Self Help Ultimate Guide

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## Reviewing **Self Help Ultimate Guide**: Unlocking the Spellbinding Force of Linguistics

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