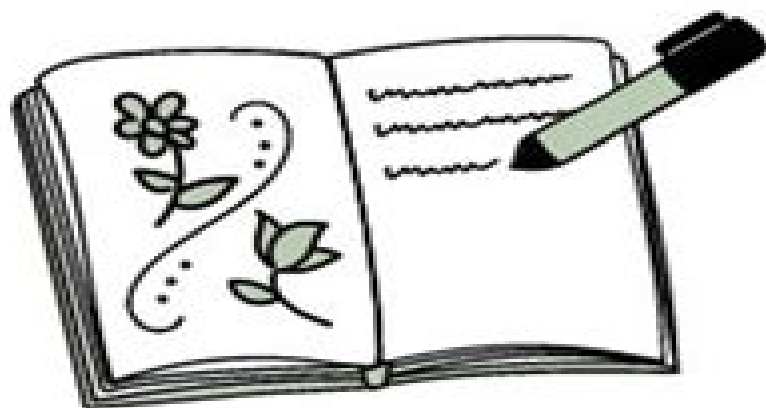


# JOURNALING GUIDE

## *FOR DIY SELF HEALERS*

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## 6 Guide Self Help

**Mike Jess**

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