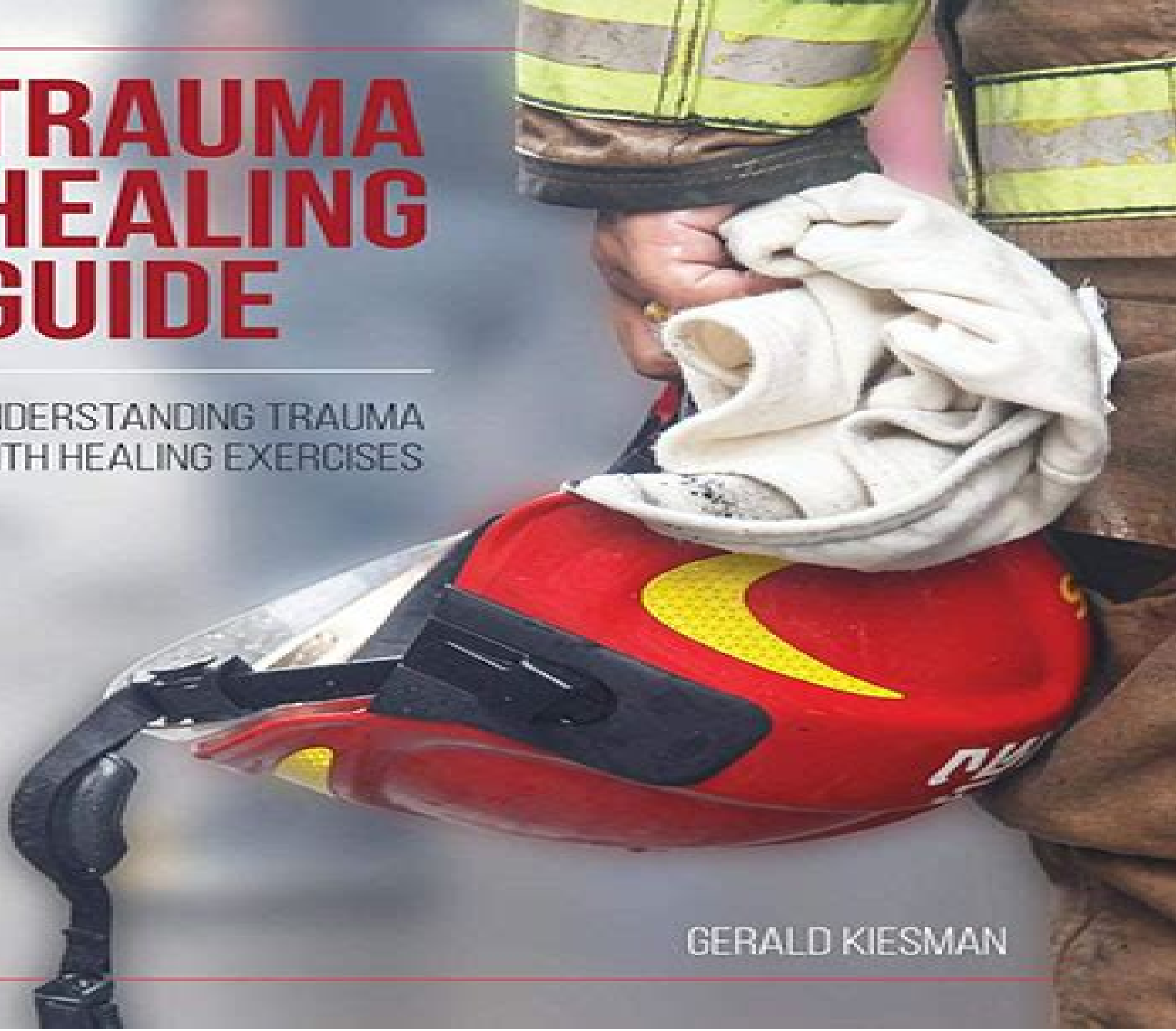


TRAUMA HEALING GUIDE

UNDERSTANDING TRAUMA
WITH HEALING EXERCISES

GERALD KIESMAN



Trauma Healing 2026 Guide

Elliot Spencer

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