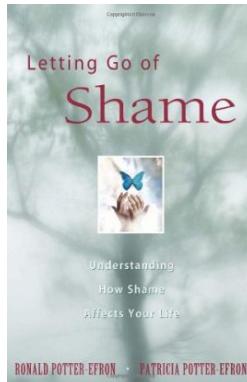


## Letting Go of Shame: Understanding How Shame Affects Your Life



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