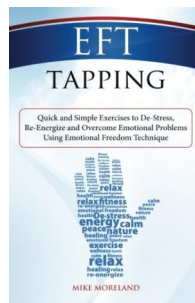# Eft Tapping: Quick and Simple Exercises to de-Stress, Re-Energize and Overcome Emotional Problems Using Emotional Freedom Technique

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