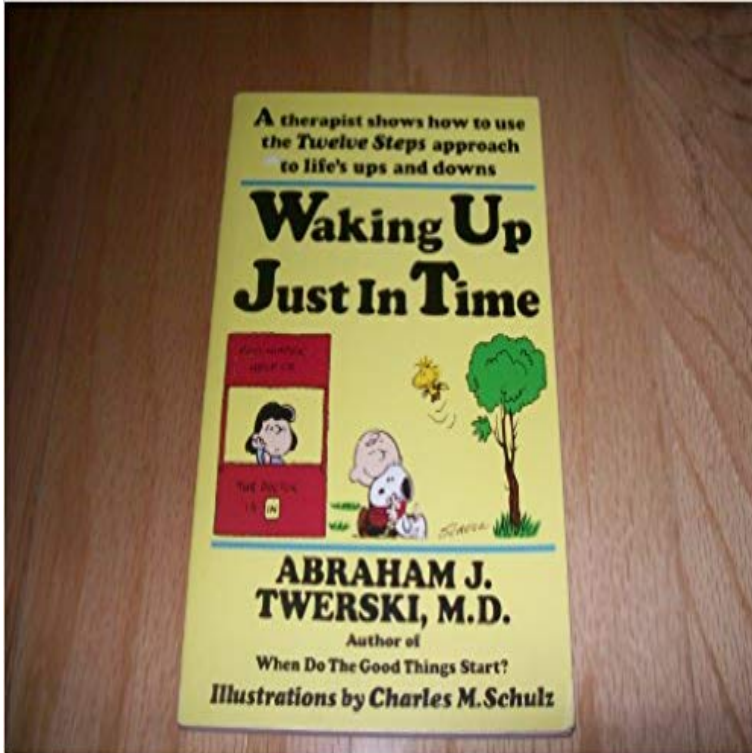


## Waking up just in time: A therapist shows how to use the twelve-steps approach to lifes ups and downs



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