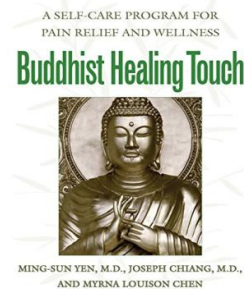


## Buddhist Healing Touch: A Self-Care Program for Pain Relief and Wellness



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