

SELF

HELP

for

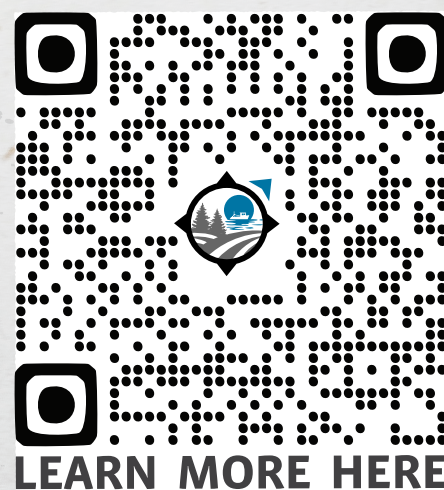
SELF

SUFFICIENT

SELF STARTERS

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