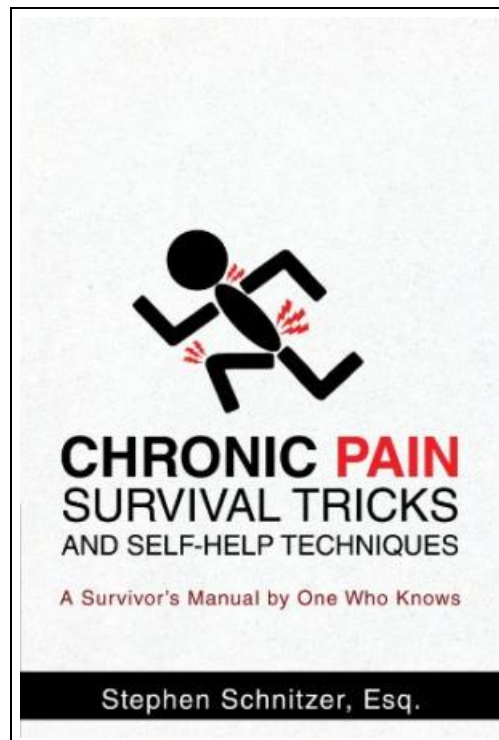


## Chronic Pain Survival Tricks and Self-Help Techniques: A Survivor's Manual by One Who Knows



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