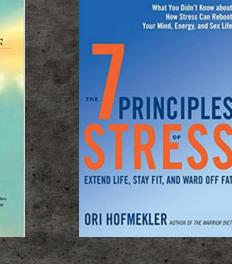


FOUNDATION

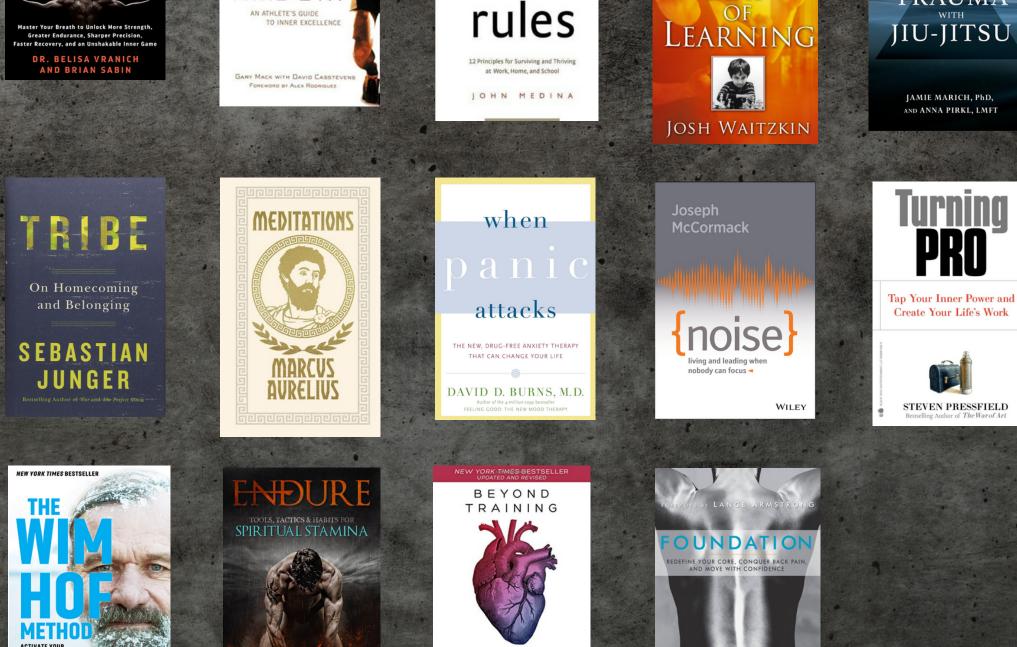
WELLNESS READING LIST ☆☆☆☆☆





Guide for Survivors, Therapists, and Jiu-Jitsu Practitioners to Facilitate Embodied Recovery

TRANSFORMING TRAUMA



MASTERING ENDURANCE

HEALTH, 6 LIFE B E N G R E E N. E I E L D ERIC G

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