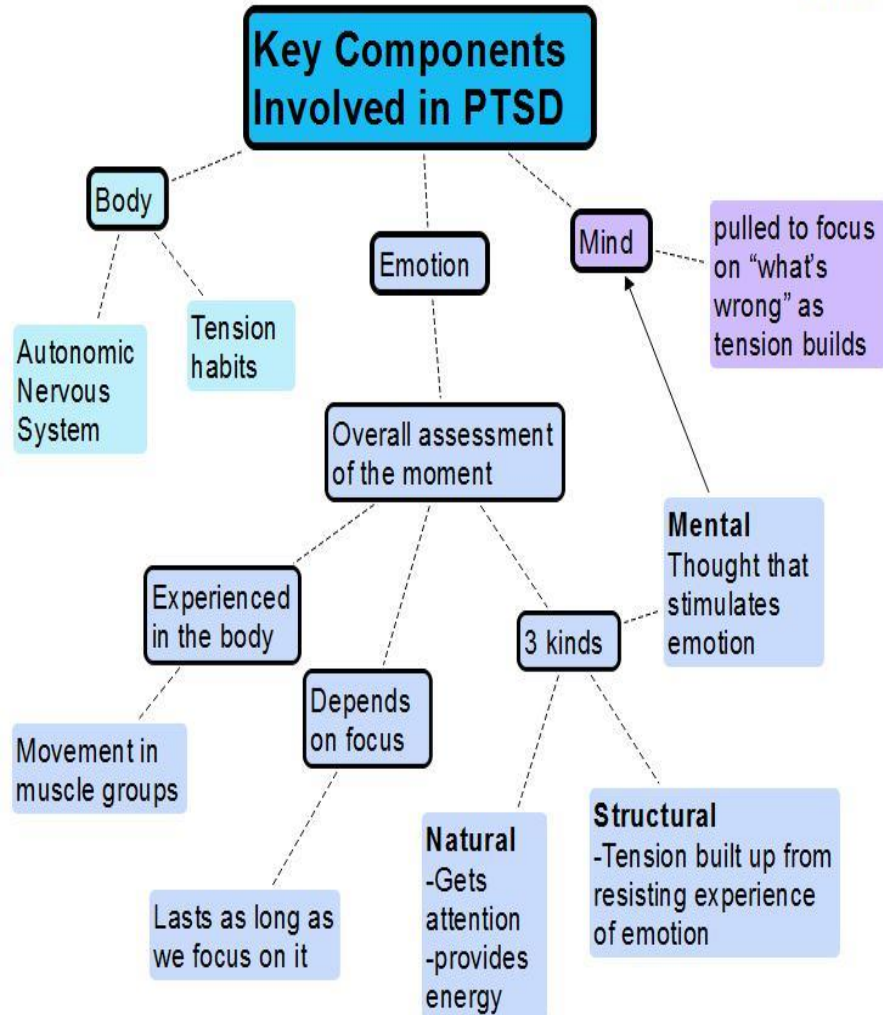


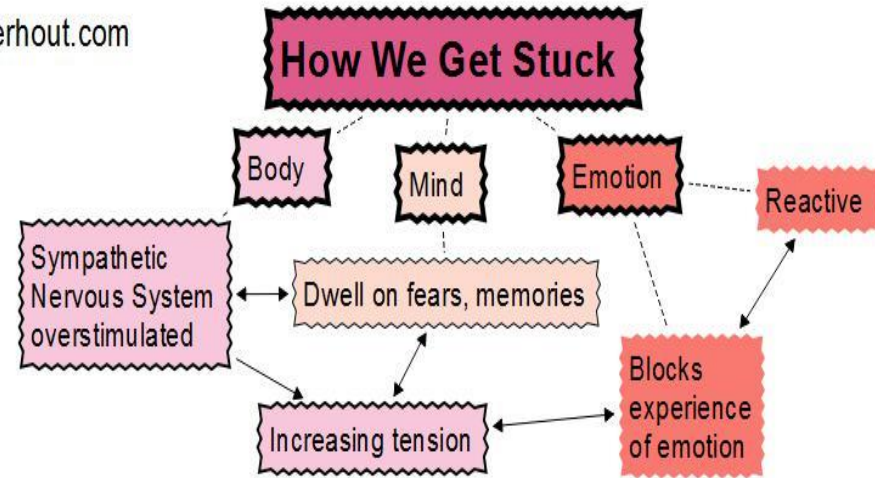
What's happening to me and what can I do about it?

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Key Components Involved in PTSD



How We Get Stuck



Process of Recovery

