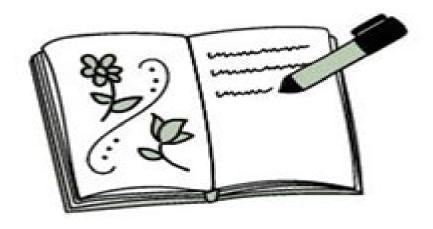
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## **6 Guide Self Help**

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