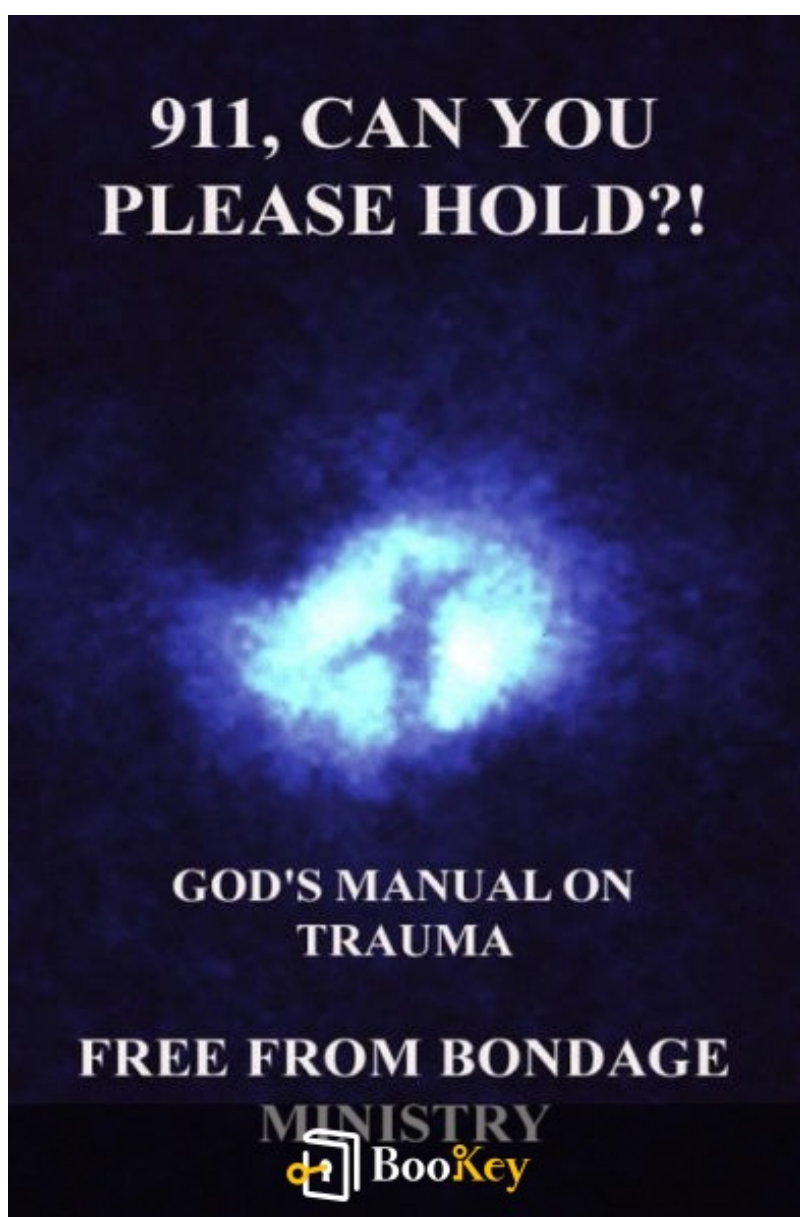


911, Can You Please Hold?! God's Manual For Trauma And Ptsd. PDF

Free From Bondage Ministry



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About the book

Title: Finding Freedom from Trauma and PTSD Through Faith

Introduction

In your journey through trauma and PTSD, remember that you are not alone. Faith offers guidance and comfort, revealing God's wish for your well-being.

God's Intent

God's heart is for you to experience a life free from suffering. His love is unconditional, and He desires to help you heal.

The Power of Knowledge

Many experience spiritual and emotional bondage due to a lack of understanding. The scripture encourages us to seek knowledge and wisdom. By doing so, you can unlock the path to healing and liberation from trauma.

Final Thoughts

Embrace the opportunity to learn and grow in your faith, and take a step toward reclaiming your peace. It's time to break free from the chains of pain and walk in the freedom that God has designed for you.

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911, Can You Please Hold?! God's Manual For Trauma And Ptsd. Summary

Written by Books1

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Who should read this book 911, Can You Please Hold?! God's Manual For Trauma And Ptsd.

"911, Can You Please Hold?! God's Manual for Trauma and PTSD" by Free From Bondage Ministry is an essential read for individuals seeking healing from trauma and PTSD, particularly those who appreciate a faith-based perspective. It is especially beneficial for survivors of traumatic experiences, caregivers, mental health professionals, and anyone interested in understanding the intersection of faith and mental health recovery. Furthermore, the book can serve as a valuable resource for church leaders and community support groups looking to provide guidance and support to those affected by trauma, emphasizing practical tools and spiritual insights that promote healing and hope.

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Key insights of 911, Can You Please Hold?! God's Manual For Trauma And Ptsd. in table format

Chapter	Title	Summary
1	Introduction to Trauma and PTSD	Overview of trauma responses and the impact of PTSD in daily life.
2	Understanding Trauma	Explanation of what constitutes trauma and the different types and triggers.
3	The God Factor	Discussion on the role of faith and spirituality in healing from trauma.
4	Recognizing Symptoms	Identification of PTSD symptoms and how they manifest in individuals.
5	Coping Strategies	Practical techniques and strategies for managing trauma responses.
6	Seeking Professional Help	Guidance on when and how to seek help from mental health professionals.
7	The Power of Prayer	Exploration of prayer as a tool for coping and finding peace amidst trauma.
8	Support Systems	The importance of community and family support in healing.

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Chapter	Title	Summary
9	Living Beyond Trauma	Encouragement and steps towards living a fulfilling life after trauma.
10	Conclusion	Final thoughts on resilience, hope, and ongoing recovery.

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911, Can You Please Hold?! God's Manual For Trauma And Ptsd. Summary Chapter List

1. Introduction: The Challenge of Trauma and the Search for Healing
2. Chapter 1: Recognizing and Responding to Signs of PTSD
3. Chapter 2: The Spiritual Impact of Trauma on Faith and Belief
4. Chapter 3: God's Promises and How They Relate to Recovery
5. Chapter 4: Practical Steps for Healing and Moving Forward
6. Chapter 5: Community Support: The Importance of Shared Healing
7. Conclusion: Embracing a New Beginning Through Faith and Resilience

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1. Introduction: The Challenge of Trauma and the Search for Healing

Trauma is an often-overlooked phenomenon that can have profound impacts on our mental, emotional, and spiritual well-being. In our fast-paced world, where we are frequently inundated with news of distressing events, it is easy to minimize or even ignore the depths of pain that individuals carry within them. For those who have experienced trauma, the aftermath can manifest as a complex array of symptoms known as Post-Traumatic Stress Disorder (PTSD). This condition can create a relentless cycle of anxiety, depression, and isolation, making it difficult for individuals to navigate everyday life.

The challenge of trauma extends beyond the personal experience; it can disrupt relationships, hinder personal growth, and challenge one's beliefs and faith. Many individuals find themselves questioning their understanding of God and their spiritual foundation, wondering how a loving deity could allow such suffering. This internal conflict can further exacerbate their sense of despair and confusion, fueling a search for meaning and healing in the midst of chaos.

The quest for healing is multifaceted, encompassing not only psychological and emotional recovery but also spiritual restoration. Throughout the pages of "911, Can You Please Hold?! God's Manual for Trauma and PTSD," readers are invited to embark on a journey of understanding the intricate

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relationship between trauma and faith. It highlights the importance of acknowledging trauma survivors' pain while also guiding them toward finding hope and solace in God's promises.

Healing from trauma is not merely a linear path; it requires patience, courage, and sometimes, the help of others. It is essential to recognize that recovery is possible, and numerous resources—both practical and spiritual—can facilitate this journey. As individuals explore the depths of their trauma, it allows them to confront their fears, acknowledge their pain, and ultimately seek the light of healing that can transform their experiences.

Within this context, the book serves as a vital resource for those grappling with the aftermath of trauma and PTSD. By integrating psychological insights with spiritual truths, it offers a roadmap to navigate the complexities of recovery. Through personal reflections, scriptural references, and practical guidance, it emphasizes that while trauma may leave scars, it does not have to dictate the future.

As we delve into the pages of this book, we are reminded that amidst the struggles with trauma, there lies an opportunity for growth, connection, and renewal. The journey towards healing, though fraught with challenges, is illuminated by faith and supported by community. Together, we will uncover the paths to recovery, resilience, and—a new beginning.

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2. Chapter 1: Recognizing and Responding to Signs of PTSD

Post-Traumatic Stress Disorder (PTSD) is a complex psychological condition that can arise after a person has experienced or witnessed a traumatic event. Understanding how to recognize the signs of PTSD is crucial for both those who suffer from it and their loved ones. In this chapter, we will explore the common symptoms of PTSD, the importance of recognizing them, and effective ways to respond to these signs.

The symptoms of PTSD can develop immediately after a traumatic event or can emerge weeks, months, or even years later. One of the most recognizable indicators of PTSD is re-experiencing the trauma through intrusive thoughts or flashbacks. Individuals may find themselves reliving the traumatic experience as if it were happening again in the present moment, leading to intense emotional and physical reactions such as panic attacks, sweating, or rapid heart rate.

Another prominent sign is avoidance behavior. Those suffering from PTSD often go to great lengths to avoid anything that reminds them of the trauma, which can include people, places, or activities associated with the event. This avoidance can severely impact interpersonal relationships, as individuals become increasingly isolated and withdrawn from their support networks. Additionally, emotional numbness or detachment is commonly

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reported, where individuals feel disconnected from their own emotions or from those around them, diminishing their ability to experience joy or affection.

Hyper-arousal is another key symptom of PTSD. This state of heightened alertness causes individuals to be easily startled, irritable, or overly reactive to stimuli. Such symptoms can make daily functioning challenging and affect one's ability to maintain a stable job or nurture relationships, often leading to further feelings of guilt or shame.

Recognizing these signs is the first step toward healing. It requires a compassionate and informed approach, both from the individual experiencing PTSD and their loved ones. If someone suspects they may be showing symptoms of PTSD, it is vital to encourage open communication and provide a safe environment for discussing feelings and experiences. Validating their feelings and reinforcing that it is okay to seek help can foster trust and promote healing.

It is also essential to educate oneself about PTSD to dispel certain myths and misconceptions. Many people believe that PTSD is a sign of weakness or that only certain categories of trauma lead to this disorder; however, anyone can experience PTSD regardless of their background or the nature of the traumatic event. Understanding these aspects can uplift and empower

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individuals to seek help without stigma or fear.

When responding to the signs of PTSD, it is crucial to approach the affected individual with empathy. Encourage them to seek professional assistance from a mental health provider experienced in trauma and PTSD.

Cognitive-behavioral therapy, EMDR (Eye Movement Desensitization and Reprocessing), and other therapeutic modalities can offer significant benefits. Additionally, providing spiritual support and encouraging involvement in faith-based communities or groups can also augment healing, as many find solace in shared beliefs and the strength of community.

In summary, recognizing and responding to the signs of PTSD involves understanding the various symptoms, fostering open communication, and encouraging professional help. With compassion and support, those impacted by PTSD can embark on their journey toward healing and a renewed sense of purpose.

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3. Chapter 2: The Spiritual Impact of Trauma on Faith and Belief

Trauma can profoundly affect an individual's spiritual life, often prompting a reevaluation of faith and belief systems that were once seen as steadfast. For many, the experience of trauma can lead to feelings of abandonment, confusion, and a deep questioning of God's presence and goodness. This chapter delves into the multifaceted spiritual impacts of trauma, emphasizing how individuals may grapple with their beliefs in the wake of profound suffering.

When faced with traumatic events, people may encounter a crisis of faith. They might wonder why God would allow such pain to occur, leading to feelings of anger and betrayal. This questioning can become a source of additional torment as individuals grapple with the perceived silence of God in the midst of their suffering. The foundational beliefs that individuals held about a benevolent and all-powerful deity can be challenged, resulting in a struggle to reconcile their experiences with their faith.

Moreover, trauma can lead to isolation. Those who suffer may feel disconnected from their communities, leaving them feeling abandoned not only by God but also by those who once provided support. This sense of loneliness can deepen doubts about faith and God's love. Many find it difficult to engage in spiritual practices, such as prayer or worship, when

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they feel estranged from their beliefs. The rituals that once brought comfort can become reminders of their heartache, and the church community may feel unapproachable in their time of need.

In addition to isolation, trauma can distort one's understanding of self-worth and identity in relation to God. Survivors often internalize their experiences, leading them to question their value and purpose in God's plan. For some, trauma may create a narrative that they are unworthy of love or divine favor, resulting in a struggle with self-forgiveness and acceptance of God's grace.

However, despite the challenges that trauma presents to faith, this chapter also highlights the possibility of spiritual growth through adversity. Many individuals discover that their faith can evolve, transforming their understanding of God from a source of certainty to a companion in their suffering. This shift can facilitate a deeper connection with God, as they confront the complexities of their emotions and the reality of human suffering. The journey through trauma can lead one to an understanding of God that is more nuanced, embracing mystery and acknowledging the presence of grace amidst pain.

Furthermore, the chapter emphasizes the importance of seeking a new understanding of faith that includes both lament and hope. Engaging honestly with feelings of sorrow, anger, and abandonment can be a crucial

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step in the healing process. Many faith traditions wrestle with these emotions, and exploring sacred texts or teachings that address suffering can provide individuals with a roadmap for navigating their spiritual crises.

Encouraging individuals to find solace in community is another crucial aspect discussed in this chapter. Sharing stories of trauma within a supportive group can reaffirm the understanding that one's struggles are not faced alone. The act of collective mourning and healing can reignite one's faith and encourage a re-engagement with spiritual practices that provide comfort and connection.

Ultimately, this chapter encourages individuals to embrace the journey of faith that trauma instigates, recognizing it as a complex but vital part of the healing process. Trauma may challenge pre-existing beliefs, but it can also lead to a more resilient and authentic faith, deepening one's relationship with God and fostering a stronger sense of community. Through the lens of trauma, many find an invitation to explore the depths of their belief, emerging with a faith that is both humble and profoundly grounded in love.

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4. Chapter 3: God's Promises and How They Relate to Recovery

In the journey of healing from trauma and PTSD, God's promises serve as a beacon of hope and reassurance for those in despair. Understanding these divine assurances is crucial as they provide not just comfort, but also a pathway towards recovery. The Bible is filled with affirmations that speak to our pain and brokenness, reminding us that we are never alone in our struggles. This chapter focuses on the fundamental promises God has made to humanity and how they can effectively guide individuals on their path to recovery from trauma.

One of the most central promises found in Scripture is God's unwavering presence. In Joshua 1:9, God commands, "Be strong and courageous; do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." This promise is particularly powerful for those grappling with PTSD, as it not only reassures believers that God is with them through their trials, but also encourages them to face their fears with courage. Recognizing that they are not alone in their pain can often help trauma survivors take the first steps toward healing.

Moreover, God promises comfort to the afflicted. In 2 Corinthians 1:3-4, we read, "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles,

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so that we can comfort those in any trouble.” This scripture highlights two essential aspects of God's nature: His compassion and His desire to offer comfort. When trauma strikes, individuals frequently feel isolated and misunderstood. By embracing the promise that God comforts us, survivors are empowered to find solace in their personal relationship with Him, and this comfort in turn can equip them to reach out to others, fostering a community of support.

Furthermore, God's promise of healing is a cornerstone of recovery. Jeremiah 30:17 states, “But I will restore you to health and heal your wounds,” declares the Lord.” This stark promise reassures those suffering from psychological trauma that healing is not only possible but also divinely ordained. Embracing this promise can breed hope in individuals who may feel hopeless or trapped. While healing from trauma is often a process that takes time, the assurance that God desires to heal encourages individuals to take actionable steps towards their recovery journey.

Another powerful promise pertains to God’s plans for us. In Jeremiah 29:11, God asserts, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” For trauma survivors, it can be incredibly challenging to envision a hopeful future amid despair. However, this promise reinforces the belief that no matter how difficult the current circumstances may be, God has a purpose

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that extends beyond pain and suffering. Recognizing that their life has potential and meaning can inspire individuals to reclaim their narrative and view their future with optimism.

Finally, God's call to cast our worries upon Him is an invitation to release the burdens we often carry due to trauma. 1 Peter 5:7 encourages us to "cast all your anxiety on Him because He cares for you." This acknowledgment of our burdens and the release of them to God can be liberating for trauma survivors. It invites them to lean into God's strength rather than relying solely on their frail human efforts.

In summary, the promises of God serve as powerful tools in the recovery process from trauma and PTSD. They remind us of God's constant presence, His comforting nature, His commitment to healing, His hopeful plans for the future, and His willingness to bear our burdens. By meditating on these truths, individuals can find renewed strength and hope as they navigate their healing journey. Embracing these promises can transform despair into a spirit of resilience and fortitude, fostering a deeper connection with God and a path toward wholeness.

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5. Chapter 4: Practical Steps for Healing and Moving Forward

Healing from trauma and PTSD is a journey that involves taking practical steps toward recovery. In Chapter 4 of "911, Can You Please Hold?! God's Manual for Trauma and PTSD," the authors provide a comprehensive guide that emphasizes actionable strategies designed to facilitate healing and foster resilience.

One of the central themes of this chapter is the importance of self-care. The authors stress that individuals recovering from trauma must prioritize their physical and emotional well-being. This includes establishing healthy routines, engaging in regular physical activity, and ensuring adequate rest and nutrition. The act of caring for oneself can serve as a foundational block for recovery, providing both a psychological boost and the energy needed to confront deeper emotional wounds.

In addition to self-care, the chapter underscores the value of mindfulness practices. Techniques such as meditation, deep breathing, and grounding exercises are introduced as effective tools for staying present and managing anxiety. By incorporating these practices into daily life, individuals can learn to calm their minds and redirect negative thoughts tied to past trauma. The authors strongly advocate for regular practice, as the benefits of mindfulness are cumulative and can significantly enhance emotional regulation over

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time.

Furthermore, the chapter highlights the significance of establishing supportive networks. Healing is rarely a solitary journey, and the authors urge readers to seek out trusted friends, family members, or support groups. Open communication about trauma and feelings can create a sense of validation and connection that is crucial for recovery. Supportive relationships can provide a safe space for individuals to share experiences and process emotions, allowing them to feel less isolated in their struggles.

The chapter also introduces the idea of setting realistic goals as a means to facilitate progress. The authors suggest that breaking down the healing process into manageable steps can help individuals feel accomplished as they meet small milestones, ultimately leading to larger transformations. These goals can range from attending therapy sessions regularly to engaging in social activities that were previously avoided due to trauma.

Another practical step emphasized in this chapter is the importance of establishing boundaries, particularly when it comes to relationships and environments that may trigger negative emotions or relive traumatic memories. By learning to set healthy boundaries, individuals can create a more supportive environment conducive to healing. The authors encourage readers to communicate these boundaries clearly to others and to practice

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self-advocacy in their personal and professional lives.

In addition to these strategies, the chapter discusses the incorporation of spiritual practices as a powerful tool for many individuals. The authors encourage readers to explore their faith as a source of comfort and strength. Prayer, scripture reading, and participation in religious services can cultivate a deeper sense of purpose and connection to God, reinforcing the belief that healing is possible. The spiritual aspect of recovery can help shift focus from emotional pain to hope and restoration.

Finally, the chapter closes with a reminder that the path to healing is not linear. The authors emphasize the need for patience and self-compassion throughout the process, acknowledging that setbacks can occur and that they are a natural part of the journey. Acknowledging progress, no matter how small, can foster a sense of accomplishment and motivate individuals to continue taking steps forward.

Overall, Chapter 4 provides a detailed roadmap filled with practical steps for healing and moving forward. By integrating self-care, mindfulness, supportive relationships, realistic goal-setting, boundary-setting, spiritual practices, and a mindset of patience, individuals can navigate the challenges of trauma and PTSD with resilience and strength.

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6. Chapter 5: Community Support: The Importance of Shared Healing

In the journey toward healing from trauma and Post-Traumatic Stress Disorder (PTSD), one of the most powerful and impactful resources available is community support. Trauma can often lead individuals to feel isolated and alone, as if their suffering is unique to them, but shared experiences can foster a powerful environment that encourages recovery and resilience. This chapter delves into the profound significance of community in the healing process, highlighting how shared experiences, relational authenticity, and mutual support create pathways for recovery.

First and foremost, shared healing in a community setting offers validation to those who have experienced trauma. When individuals come together to share their stories, they often discover similarities in their experiences. This recognition is crucial because it helps them realize that they are not alone in their pain. Being able to relate to others who have faced similar struggles can reduce feelings of isolation and alienation that often accompany trauma and PTSD. The simple act of listening and empathizing in a community of survivors can nurture an essential sense of belonging and acceptance.

Moreover, community support fosters an atmosphere of encouragement and accountability. Individuals on the path to healing may struggle with motivation or be hesitant to face their trauma alone. However, when

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surrounded by others who are also committed to recovery, there is a unique synergy that can inspire participants to push through obstacles.

Encouragement among peers can manifest in many ways: through group therapy sessions, participation in support groups, or even informal gatherings where individuals simply share meals and talk about their journeys. Each interaction acts as a reinforcement of their dedication to healing, creating a collective sense of purpose.

Additionally, the concept of shared healing emphasizes the holistic aspect of recovery. Trauma affects not just the individual but also their relationships and social structures. By involving a community, healing becomes a more comprehensive process that recognizes the interplay between personal struggles and social connection. It nurtures discussions surrounding emotional wounds and spiritual battles that isolation often silences. Community settings provide a platform for individuals to explore their spiritual beliefs and seek collective prayer or meditation, fostering an environment where faith can be actively rekindled alongside their healing journey.

Importantly, community support encourages the development of peer-led initiatives. Those who have experienced trauma often hold valuable insights that can be incredibly beneficial to others going through similar experiences. By empowering survivors to take on roles as mentors or facilitators,

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communities harness the transformative power of shared narratives and resilience. Such reciprocal relationships create spaces where individuals can both impart wisdom and receive support, ensuring that the healing process is continuous and supportive in nature.

The importance of shared healing extends beyond mere support; it also contributes to the breaking down of stigma surrounding mental health issues. Many individuals with PTSD may feel ashamed or reluctant to discuss their experiences due to societal misconceptions about trauma. However, communities that openly address these concerns help demystify trauma and build understanding among their members. By normalizing conversations about mental health, communities can cultivate an accepting atmosphere where individuals feel safe to share their struggles without fear of judgment or misunderstanding.

In conclusion, community support is a vital element in the healing process from trauma and PTSD. It not only provides validation, encouragement, and holistic recovery but also fosters an environment where individuals feel connected and understood. As trauma survivors join hands in their shared journeys of healing, they embody the spirit of resilience, showing that collective strength can pave the way for profound healing and transformation. Through mutual support, love, and understanding, communities become sanctuaries of hope where healing can flourish.

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7. Conclusion: Embracing a New Beginning Through Faith and Resilience

As we reach the conclusion of our journey through "911, Can You Please Hold?! God's Manual for Trauma and PTSD," it becomes abundantly clear that healing is not just about overcoming the past but also about embracing a new beginning. Trauma can feel isolating, leaving individuals grappling with their pain often in silence. However, the insights offered throughout this book illuminate a path toward healing that is grounded in faith and resilience.

The essence of our conclusion emphasizes the transformative power of faith in navigating the tumultuous waters of trauma. For many, faith acts as a lifeline, providing hope and a profound sense of purpose even in the darkest moments. It reassures individuals that they are not alone in their suffering; God acknowledges their pain and promises restoration. The teachings in the book reiterate that healing doesn't come from merely enduring hardship but from changing our perspective on these experiences through spiritual insight.

Resilience is another critical theme encapsulated in our concluding thoughts. Building resilience involves recognizing one's strength and embracing the challenges that life presents. It is a journey that requires patience and self-compassion, and the book encourages readers to take these steps with

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bravery. With each act of courage to face their trauma, readers are reminded that they are creating a new narrative – one of strength, growth, and determination.

Moreover, communal healing plays a pivotal role in this transformation. When individuals embrace their pain and share their experiences with others, they cultivate a supportive network that fosters hope and healing. This shared journey towards recovery highlights that we are better together, reminding us that healing is not a solitary endeavor but a collective one where vulnerability brings strength.

In conclusion, "911, Can You Please Hold?!" calls for a proactive embrace of faith, community, and resilience as the vital ingredients for overcoming trauma and PTSD. By acknowledging their experiences, turning toward God's promises, and leaning into community support, individuals can move from a place of pain to one of newfound purpose. Ultimately, embracing a new beginning is not just about healing the wounds of the past; it's about stepping into a future filled with hope, purpose, and confidence in the journey ahead.

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5 Key Quotes of 911, Can You Please Hold?! God's Manual For Trauma And Ptsd.

1. "In the midst of chaos, finding a moment of stillness can be the first step to healing."
2. "Trauma may shape us, but it does not define us; our response to it is what truly molds our identity."
3. "God's presence is often felt in the silence of our pain, guiding us toward the path of restoration and peace."
4. "Healing is not a linear process; it's a journey filled with ups and downs, but every step brings us closer to wholeness."
5. "Embracing vulnerability allows us to connect with others and begin the sacred work of recovery together."

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