

body keeps the score workbook

body keeps the score workbook has become an essential companion for individuals seeking to understand and heal from trauma. Rooted in the groundbreaking concepts introduced by Dr. Bessel van der Kolk's bestseller, **The Body Keeps the Score**, this workbook expands on therapeutic strategies that connect mind and body. It offers practical exercises and tools designed to help readers process trauma, regulate emotions, and rebuild resilience. The workbook emphasizes somatic awareness and mindfulness, making it a valuable resource for trauma survivors, therapists, and mental health professionals alike. This article explores the core features, benefits, and applications of the body keeps the score workbook, guiding readers through its transformative potential. The following sections will provide a detailed overview of the workbook's structure, key exercises, and how it complements trauma recovery efforts.

- Understanding the Body Keeps the Score Workbook
- Core Concepts and Therapeutic Approaches
- Key Exercises and Techniques
- Benefits of Using the Workbook
- Applying the Workbook in Therapy and Self-Help

Understanding the Body Keeps the Score Workbook

The body keeps the score workbook serves as a practical extension of Dr. Bessel van der Kolk's influential work on trauma and its effects on the brain and body. It is structured to guide individuals through a series of reflective activities and somatic exercises designed to foster healing. Unlike traditional cognitive therapies, this workbook prioritizes the body's role in trauma recovery, acknowledging that traumatic memories are often stored in the body rather than just the mind.

This workbook is also designed to be user-friendly, making complex psychological concepts accessible through clear instructions and engaging exercises. It is suitable for use by individuals working independently or alongside a mental health professional, providing tools that encourage self-awareness and emotional regulation. The workbook's content is organized to progressively deepen the user's understanding of trauma's impact, while promoting active participation in the healing process.

Core Concepts and Therapeutic Approaches

The body keeps the score workbook is grounded in several key therapeutic approaches that emphasize the interconnection between body and mind in trauma recovery. Understanding these foundations is crucial to appreciating the workbook's methodology and effectiveness.

Somatic Experiencing

Somatic Experiencing is a body-centered therapeutic approach that focuses on releasing trauma stored in the nervous system. The workbook incorporates exercises that promote bodily awareness and help users identify physical sensations linked to traumatic memories.

Mindfulness and Grounding Techniques

Mindfulness practices within the workbook train users to stay present and observe their internal experiences without judgment. Grounding exercises help individuals anchor themselves in the present moment, which is essential for managing trauma-related anxiety and dissociation.

Neurobiological Insights

The workbook integrates accessible explanations of how trauma affects brain function, particularly areas responsible for emotion regulation and memory. This knowledge empowers users to understand their symptoms and validates their experiences.

Key Exercises and Techniques

The body keeps the score workbook offers a variety of exercises aimed at facilitating trauma recovery through active engagement. These exercises are designed to be practical, allowing users to apply therapeutic concepts in daily life.

Body Scan and Sensory Awareness

One of the foundational exercises involves a guided body scan that encourages users to notice bodily sensations from head to toe. This practice enhances somatic awareness and helps identify areas where trauma manifests physically.

Breath Regulation

Controlled breathing exercises help regulate the autonomic nervous system, reducing hyperarousal and promoting relaxation. The workbook provides step-by-step instructions for various breathing techniques tailored to trauma recovery.

Emotion Identification and Expression

Exercises focusing on naming and expressing emotions assist users in processing feelings that may be overwhelming or suppressed. The workbook encourages journaling and creative expression as tools for emotional release.

Safe Place Visualization

This technique guides users to create mental images of safe and comforting environments, which can be used as a coping strategy during moments of distress or flashbacks.

- Guided body scans to increase somatic awareness
- Breath control exercises for nervous system regulation
- Emotion tracking and journaling prompts
- Visualization techniques for emotional safety

Benefits of Using the Workbook

The body keeps the score workbook provides numerous benefits for those affected by trauma, enhancing both self-understanding and healing capacity. Its structured approach helps demystify the complexities of trauma, making recovery more accessible and manageable.

Improved Emotional Regulation

By practicing the workbook's techniques, users can develop stronger emotional regulation skills, reducing the frequency and intensity of trauma-related emotional upheavals.

Increased Somatic Awareness

The workbook promotes a deeper connection between mind and body, enabling users to recognize and respond to physical cues associated with trauma, which is a critical step toward healing.

Empowerment Through Knowledge

Understanding the neurobiological underpinnings of trauma helps reduce stigma and self-blame. The workbook's educational content empowers users with insights into their experiences.

Facilitation of Trauma Integration

The exercises encourage integrating traumatic memories into a coherent narrative, which supports the reduction of trauma symptoms and promotes long-term recovery.

Applying the Workbook in Therapy and Self-Help

The body keeps the score workbook is versatile and can be effectively used in various settings, including individual therapy, group sessions, and self-guided recovery programs.

Use in Professional Therapy

Mental health professionals often incorporate the workbook into trauma-focused therapy to supplement traditional talk therapy. It provides structured activities that reinforce therapeutic goals and encourage client participation.

Self-Help and Independent Use

Individuals seeking to manage trauma symptoms outside of clinical settings can use the workbook as a self-help tool. Its clear instructions and exercises promote consistent practice and self-monitoring.

Group and Peer Support

The workbook is also suitable for use in group therapy or peer support environments, facilitating shared experiences and mutual encouragement during trauma recovery.

1. Supplement to professional trauma therapy
2. Structured self-paced healing resource
3. Tool for group trauma recovery work

Frequently Asked Questions

What is the main purpose of the 'Body Keeps the Score Workbook'?

The 'Body Keeps the Score Workbook' is designed to complement Bessel van der Kolk's book by providing practical exercises and tools to help individuals process trauma, manage symptoms, and promote healing through body-centered techniques.

Who is the ideal audience for the 'Body Keeps the Score Workbook'?

The workbook is ideal for trauma survivors, therapists, and anyone interested in understanding and healing from trauma using somatic and psychological approaches outlined in the original book.

What types of exercises are included in the 'Body Keeps the Score Workbook'?

The workbook includes mindfulness practices, grounding techniques, breathing exercises, journaling prompts, and body awareness activities aimed at helping individuals reconnect with their bodies and regulate emotional responses.

How does the 'Body Keeps the Score Workbook' complement the original book?

While the original book provides extensive theory and scientific background on trauma and its effects, the workbook offers actionable steps and interactive exercises that help readers apply the concepts to their own healing journey.

Can the 'Body Keeps the Score Workbook' be used without reading the original book?

Yes, the workbook can be used independently, but readers may benefit more from it if they have some familiarity with the concepts presented in the original 'Body Keeps the Score' book by Bessel van der Kolk.

Additional Resources

1. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk

This foundational book explores how trauma reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. Dr. van der Kolk integrates scientific research with personal stories to explain innovative therapies like neurofeedback, EMDR, and yoga. It is an essential read for understanding trauma's profound impact and pathways to healing.

2. *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* by Arielle Schwartz

This workbook provides practical exercises designed to help readers understand and heal from complex PTSD. It combines mindfulness, somatic experiencing, and cognitive-behavioral techniques to restore emotional regulation and resilience. The book emphasizes rebuilding the connection between mind and body for holistic recovery.

3. *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body* by Peter A. Levine

Peter Levine introduces Somatic Experiencing, a body-centered approach to healing trauma by releasing stored tension and energy. The book guides readers through recognizing bodily sensations linked to trauma and offers exercises to restore natural resilience. It's a compassionate resource for those seeking nonverbal healing methods.

4. *Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror* by Judith Herman

Judith Herman's classic work connects the psychological effects of trauma across different contexts and cultures. It outlines stages of recovery including safety, remembrance, and reconnection. The book combines clinical insight and human stories to provide a comprehensive roadmap for healing.

trauma.

5. *The Post-Traumatic Growth Guidebook: Practical Mind-Body Tools to Heal Trauma, Build Resilience, and Thrive* by Arielle Schwartz

This guidebook focuses on transforming trauma into growth by using mindfulness, body awareness, and cognitive restructuring. It offers step-by-step exercises to build resilience and develop a positive sense of self after pain. The book encourages empowerment and thriving beyond trauma's limitations.

6. *Waking the Tiger: Healing Trauma* by Peter A. Levine

In this influential book, Levine explains how trauma is stored in the body and how natural instincts can be reawakened to promote healing. Using vivid metaphors and case studies, he shows how releasing physical tension can alleviate trauma symptoms. It's a foundational text for understanding somatic healing.

7. *Mind Over Mood: Change How You Feel by Changing the Way You Think* by Dennis Greenberger and Christine A. Padesky

Although not solely focused on trauma, this workbook provides cognitive-behavioral tools that complement trauma recovery. It teaches readers how to identify and challenge negative thought patterns that contribute to distress. The practical exercises help improve mood and emotional regulation, supporting overall mental health.

8. *Self-Compassion Workbook: Practical Exercises to Approach Your Emotions with Kindness* by Kristin Neff

Self-compassion is a crucial element in healing trauma, and this workbook offers guided practices to cultivate it. Kristin Neff provides exercises that encourage kindness toward oneself, reducing shame and self-criticism often associated with trauma. The book supports emotional healing through gentle acceptance.

9. *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn

This book explores the concept of inherited trauma and how family histories impact present-day emotional health. Wolynn offers practical tools to identify and break free from intergenerational trauma patterns. It complements trauma healing by addressing deep-rooted sources beyond immediate experience.

Body Keeps The Score Workbook

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and boundaries to see the world in a different light that is free from trauma. In the book *The Body Keeps the Score* by Bessel van der Kolk M.D., Van der Kolk gives informed and practical insight on the different approaches to get over the effects of trauma that is meant to mend the brain, mind and body. The approaches in this workbook are meant to help every individual recover, rebound and live their lives meaningfully and happily. To get the best out of Dr. Van der Kolks book, and benefit immensely from his awesome ideas and methods, attempt to answer the questions in this book sincerely, and carry out the exercises. Before answering the questions, it is advised that you make more than one copy of this workbook. Re-attempt to answer these questions after two or three months and you'll notice that there are improvements in the way your mind works. Also, don't be too hard on yourself when answering the questions. If the questions or tasks feel too difficult, leave it and come back to it when you feel better. Make sure you're relaxed as you answer these questions. Scroll Up and Click The Buy Button To Get Started PLEASE NOTE that this is an unofficial and independent workbook for the book *The Body Keeps the Score* by Bessel van der Kolk M.D.

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Do you suffer from Trauma? Do you know that you can Overcome Your Traumatic Stress Easily? FACING TRAUMA I don't know what you know about trauma, but I do know that this book is about to deepen your understanding and give you the enlightenment of Archimedes when he hopped out of his tub butt naked and into the streets screaming Eureka! The author, Dr. Bessel Van Der Kolk, lets us know in this book that trauma doesn't only happen to a specific group of people. It isn't limited to a particular area. It happens everywhere around us: to combat soldiers, to our friends and family, and maybe even to you. Did you know that if there are five people in a room one of them was sexually molested as a child? It would be an outrageous claim to make if it weren't backed up by research done by the Centre for Disease Control and Prevention which revealed that: one in five Americans was sexually molested as a child; one in four was beaten by a parent to the point of a mark being left on their body; and one in three couples engages in physical violence. A quarter of us grew up with alcoholic relatives, and one out of eight people have witnessed their mother being beaten or hit. These are trauma facts, the ones we know of in America. Who knows the values in other continents? Trauma has always existed throughout time, through wars, plagues and famine, leaving traces of its effect everywhere: in our histories and cultures, in our minds and emotions, on our bodies, on our ability to feel love and joy, on our ability to be intimate. As humans we are resilient, continuing to move through time and evolution no matter the event or struggle. But the effects of trauma are not just suffered by those who go through traumatic events, it spreads: to friends and family, especially to family. No one wants to hear their sister got raped. Scroll Up Now and Click the Buy Button to Get Started!

body keeps the score workbook: *WORKBOOK For The Body Keeps the Score* Pocket Books, 2020-03-30 Workbook For The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma HOW TO USE THIS WORKBOOK FOR ENHANCED APPLICATION This workbook is designed to help people of different ages, genders, races, culture and boundaries to see the world in a different light that is free from trauma. In the book *The Body Keeps the Score* by Bessel van der Kolk M.D., Van der Kolk gives informed and practical insight on the different approaches to get over the effects of trauma that is meant to mend the brain, mind and body. The approaches in this workbook are meant to help every individual recover, rebound and live their lives meaningfully and happily. To get the best out of Dr. Van der Kolks book, and benefit immensely from his awesome ideas and methods, attempt to answer the questions in this book sincerely, and carry out the exercises. Before answering the questions, it is advised that you make more than one copy of this workbook. Re-attempt to answer these questions after two or three months and you'll notice that

there are improvements in the way your mind works. Also, don't be too hard on yourself when answering the questions. If the questions or tasks feel too difficult, leave it and come back to it when you feel better. Make sure you're relaxed as you answer these questions. Scroll Up and Click The Buy Button To Get Started PLEASE NOTE that this is an unofficial and independent workbook for the book *The Body Keeps the Score* by Bessel van der Kolk M.D.

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body keeps the score workbook: Workbook for the Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk Stephanie S. Banks, 2021-06-10 This is a Summary of *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van der Kolk which contains detailed summary, thoughts and ideas of the author in simple and easy-to-understand form. NOTE: This book is an unofficial Summary of *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van der Kolk and should not be in any way thought of as the original book by the author (Bessel Van der Kolk) How can I get this book? You can get this book by scrolling up and clicking on the Buy now with 1-click button at the top of the page.

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body keeps the score workbook: THE BODY KEEPS THE SCORE - Summarized for Busy People Goldmine Reads, 2019-02-17 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Trauma happens in everyday life. Veterans and their families experience the aftermath of combat, one in five Americans has been molested, one in four grew up as alcoholic, one in three couples have engaged in physical violence. One of the pioneers on trauma, Dr. Bessel van der Kolk has spent three decades studying how trauma shapes the body and the brain which affects the trauma victim's capacity for pleasure, engagement, self-control, and trust. He leads us through innovative treatments that offer alternative paths to recovery by activating the brain's neuroplasticity. The Body Keeps the Score shows various studies by leading experts where they expose the power relationships have in hurting and healing—and it shows hope for regaining control over our own lives. Wait no more, take action and get this book now!

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intentional with our workbook. Unlike other workbooks, we cater the questions and writing prompts to you the reader and how you are progressing and relating to the information. Other workbooks simply give you textbook style test questions about the information that don't seem to impact you on a personal level. We do sincerely hope you get everything you will need with our workbook. It's simple, but powerful. We encourage you to not give up on your journey to a better life and hope that we at Cosmic Publications can at the very least be a small part in that journey with you. Best Wishes, The Cosmic Publications Team

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body keeps the score workbook: Workbook for the Body Keeps the Score Dorian Marshman, 2021-12-18 Trauma is a fact of life. A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller. Whether we are sheltered, wealthy, and given every opportunity in life - or if we're impoverished, socially outcast, and have been exposed to upsetting realities of life - we all experience trauma. Trauma, whether we are aware of its effects on us or not, has a nasty way of debilitating our lives and harming our efforts to live and love healthily. Trauma is one of the fundamental contributing factors in what makes us who we are and how we react to the world around us. By working through it, we can heal the aspects of ourselves that cause both us and those around us pain. This workbook contains exercises, presents ideas, and poses transformative questions as a means to help readers work through trauma. The workbook is based on the #1 New York Times Bestseller - The Body Keeps The Score; Brain, Mind and Body in the Healing of Trauma - written by Bessel van der Kolk. In an attempt to help readers understand where their Post-Traumatic Stress Disorder (PTSD) comes from and how it has affected our brains and bodies, this book is designed to reveal how an active approach to discovering and working through trauma can assist in reclaiming our lives. The Body Keeps The Score serves as a tool in understanding how trauma has a fundamental impact on the shape and function of both our brains and our bodies. In tandem with these ideas - as well as an extension of the book - this workbook offers a guideline for working through the systematic steps of PTSD recovery. It also offers an active approach for trauma victims to process and resolve the pain of the past that hinders them from living a full and weightless life. The Chapters in this Workbook Cover the Following: Detecting Trauma Discussion on what trauma is and how the different forms that it can take will affect your mind and your body differently. In-depth discussion also included on emotional and physiological trauma. Common Signs and Symptoms of Trauma Information on how to identify PTSD based on how your body responds to events or situations. Insight is also shared on what causes trauma and how trauma ripples into many aspects of our everyday lives. Scientific and Medical Facts About Trauma Researched and science-based facts about PTSD and its effect on one's

health. Does Trauma End? Actionable steps towards recovery - how to resolve trauma. Getting Past Trauma An internal look at how the only person who can help you through your trauma is yourself. Other related topics covered in this chapter include: Letting go of the past, how trauma inhabits your body, self-healing, filling in the holes, and the power of self-confidence. After Trauma; What Next? The importance of understanding your trauma, the impact it has had on your livelihood, as well as how to manage your trauma and deal with potential stigmatization. Total Recovery from Trauma How to remove the effects of trauma and reclaim your life. The choice is yours - you can continue to be a victim of your trauma, or you can choose to get up, move on, and live the PTSD-free life you've been dreaming of for so, so long... This workbook offers further explanation and actionable steps on how to resolve trauma based on the information discussed in Kolk's book. If you're ready to become a survivor of PTSD, not its victim, then you know what to do...scroll up and hit BUY NOW to make the workbook YOURS today!

body keeps the score workbook: Workbook for the Body Keeps Score by Bessel Van Der Kolk M. D. Genius Reads, 2021-04-27 Note to Readers: This is an unofficial Workbook for Bessel Van Der Kolk's The Body Keeps the Score designed to enrich your reading experience Workbook for The Body Keeps the Score by Bessel Van Der Kolk Award winning psychiatrist professor of psychiatry at Boston University School of Medicine and President of the Trauma Research Foundation asks the question:How will 21st century psychiatry deal with trauma epidemic raging through the United States? The Body Keeps the Score follows the history and development of trauma diagnosis and treatment and the journey of Van Der Kolk from his early work with Vietnam veterans suffering from PTSD to frontier of current trauma treatment and therapy In this Workbook for The Body Keeps the Score, we've distilled some of the ideas and debates that have influenced the field of trauma treatment and offered the reader a chance to engage with the issues raised on a personal level. We've utilized multiple learning styles with detailed summaries, lessons, and goals, plus bulleted checklists and action plans to help readers digest and comprehend the ideas expanded on in the book. Throughout the book you will find: Summaries These summaries are concise overviews of each chapter, drawing key themes and learning outcomes. Within them you'll discover: The key issues that have faced Bessel Van Der Kolk and the field of PTSD treatment Insights suggested by Bessel Van Der Kolk into how trauma develops. Explanations the leading treatments currently applied to trauma, along with those in development. Lessons Activities based on some of the key ideas and approaches put forward by Bessel Van Der Kolk that zone in on personal attitudes towards trauma. Stocktaking lessons that allow the reader to look at their own beliefs and ideas about trauma Points of reflection that can be raised with trusted friend and with medical professionals that address the issues of trauma. Opportunities for discussion on what might be most beneficial when it comes to treatment. Goals A brief dissection of the main idea of each chapter: A concise overview of the main ideas Van Der Kolk is keen to get across. Important features and context for the chapters. Breakdown of the arguments observed by Van Der Kolk and the ideas that have affected how PTSD therapy has developed. Checklists These bullet-pointed lists include: Distilled concepts on how trauma therapists and researchers have approached their work Breakdowns of what we can learn from aspects of trauma diagnosis. Plans and strategies for the wider public when considering the issue of traumatic memory Action Plan This is a chance for the reader to build their own personal ideas to engage with as they navigate the realms of memory and abuse. Ideas include: Suggestions and ideas for how the reader might respond to those who experience abuse. Long-term plans for the individual on how they can address painful memories in their own lives. Questions one should ask when grappling with seemingly unresolvable personal issues. If you want to have an informed understanding of how the field of trauma research and treatment have evolved and get to grips with how it is likely to develop in the future, then click buy now and find out how therapy, body awareness and community will help to end the epidemic of trauma.

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the original author in any way. If you are the author, publisher, or representative of the original work, please contact frostysunpublishing[at]gmail[dot]com with any questions or concerns. Trauma is an often denied phenomenon; most people will like to believe that they have no first-hand traumatic experience, neither do they want to see it plaguing their friends and families. However, trauma is not a reality of some faraway land or previous wars, it is alive and well around us. Trauma plagues the average person in seemingly calm environments as it plagues refugees and soldiers from war torn states. As is with many workbooks, this workbook is developed with the sole aim of providing aid to the readers and prospective readers of Bessel van der Kolk's *The Body Keeps The Score*. This will help those who are new to the subject matter of trauma and the mind gain a fundamental understanding based on the contents of each chapter of Dr van der Kolk's book. The purpose of this workbook is to help the reader/user better understand the author's perspective on the subject of trauma. This is a book of practice, and its usefulness can only be quantified by how much knowledge can be gleaned from it as regards to the ideas presented in *The Body Keeps The Score* by Bessel van der Kolk. The user of this workbook is encouraged to put their unique ideas on Dr van der Kolk's thoughts down on paper. By recording their progress and engaging in frequent practices, the user of this workbook will be acquiesced to the lessons from *The Body Keeps The Score*. This workbook is modelled after the original structure of Bessel van der Kolk's text and spaces have been created to give room for the reader/user's comments on various subject matters and actions that help in the learning process. The workbook has a chapter dedicated to every chapter in Bessel van der Kolk's *The Body Keeps The Score* where the contents of each chapter are summarized and issues related to the themes of each chapter are highlighted. The user can then use the thematic knowledge from these summaries to quickly decipher the author's point of view and draw out unique insights. **DISCLAIMER:** This book is intended as a companion to, and not a replacement for *THE BODY KEEPS THE SCORE*. Frostysun Publishing is wholly responsible for this content and is not associated with the original author in any way.

body keeps the score workbook: *Workbook -- the Body Keeps the Score : Brain, Mind, and Body in the Healing of Trauma* Liam Daniels, 2023 To many people, trauma is something that happens to soldiers and refugees, far away and out of sight. But in fact, trauma is the single greatest threat to public health and well-being that America has ever seen. As humans, we are exposed to a horde of trauma, from physical, sexual, and emotional abuse, to neglect, accidents, and the list can go on and on. And while the naked eye can see the immediate effects of that trauma, it is usually the long-term trauma we carry that bogs us down and infects every aspect of our lives, whether we are aware of it or not. *Workbook: The Body Keeps the Score* not only does it provide all of van der Kolk's teachings about trauma in a clear, comprehensive, and condensed manner-without missing anything important!-but it also allows you to delve deeper into the book's concepts and explore your own personal journey with trauma while prompting you to take action to create a lasting impact. In *Workbook: The Body Keeps the Score*, among other things, you will get: The messages in this book contain information for everyone. As van der Kolk says, for the fight against trauma to be successful, it needs to be a collective effort. Don't miss out on the wisdom and awareness this book offers. Let's all work toward creating a trauma-free generation. **Disclaimer:** This is an unofficial, third-party workbook for Bessel van der Kolk's *The Body Keeps the Score*. Please note that it is NOT the original book.

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