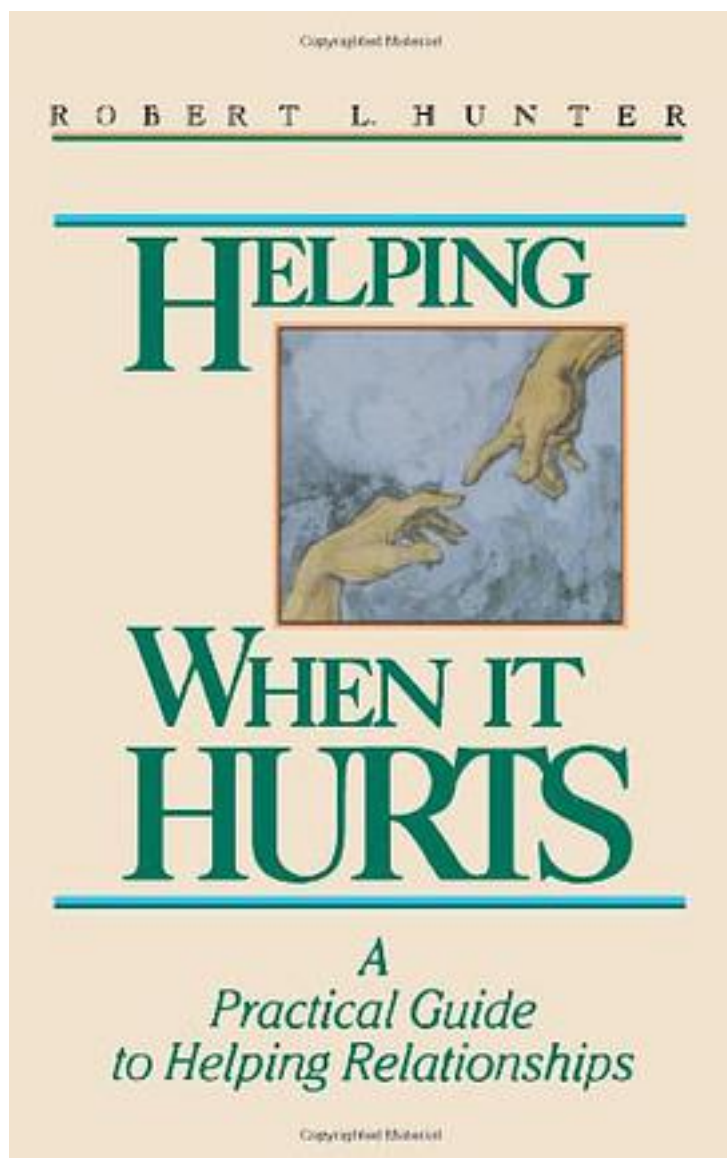


Helping When it Hurts



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Hunter proposes that anyone experiencing hurt over a major loss, illness, or injury needs to hear four key messages: you are not alone; your feelings matter; all is not lost; and you can still help yourself.

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