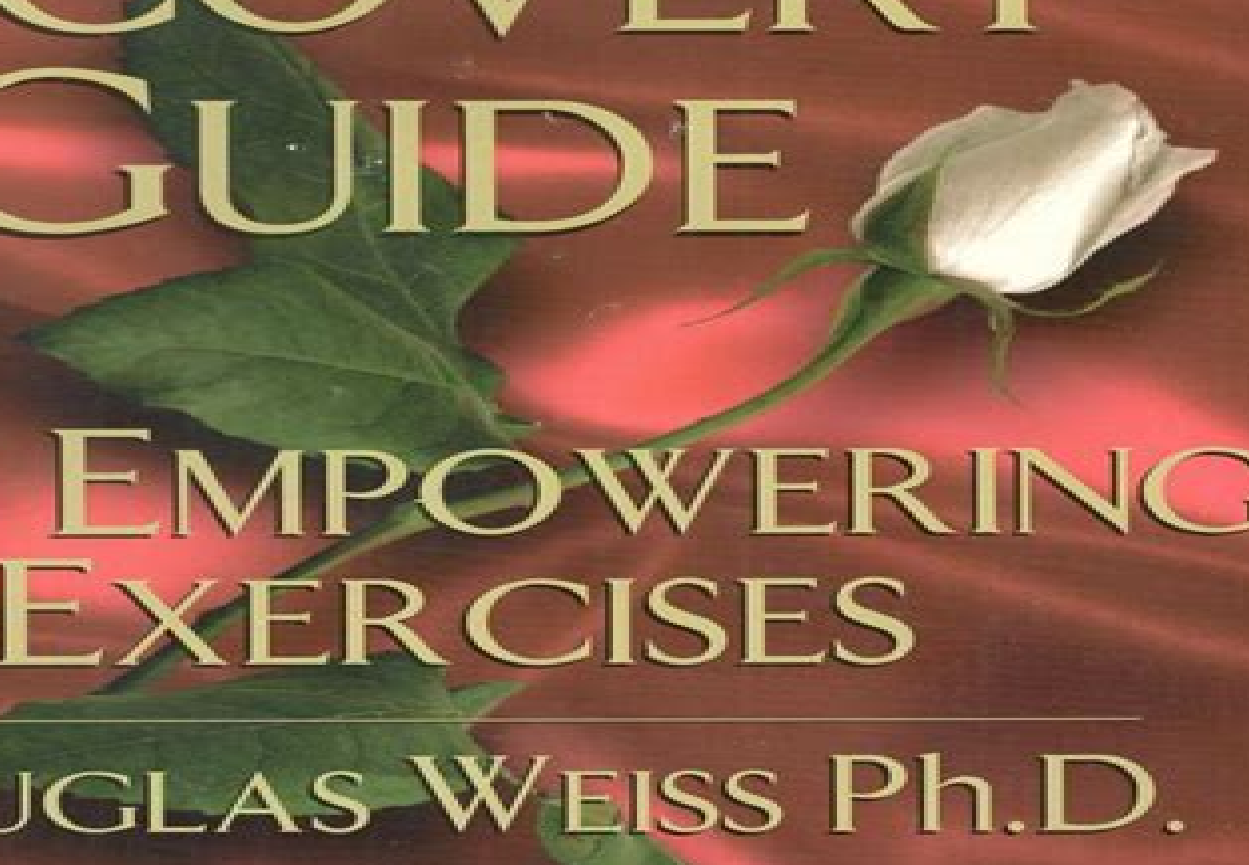


PARTNER'S RECOVERY GUIDE

A white rose with green leaves is positioned on the right side of the cover, partially overlapping the title text. The rose is in bloom, with its petals slightly curled. The green leaves are large and have prominent veins. The background is a deep red with a subtle, wavy pattern.

100 EMPOWERING
EXERCISES

DOUGLAS WEISS Ph.D.

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