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# *The* HEALING POWER *of* STORYTELLING

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Using Personal Narrative to  
Navigate Illness, Trauma, and Loss

*With writing prompts, reflective exercises, and real-life stories*



ANNIE BREWSTER, MD  
with RACHEL ZIMMERMAN

Foreword by Rushika Fernandopulle, MD | Afterword by Robin Young

# Healing Art Of Storytelling Using The Power Of Story To Enrich Your Life

**Joacim Rocklöv**



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