

Notes to bring with you





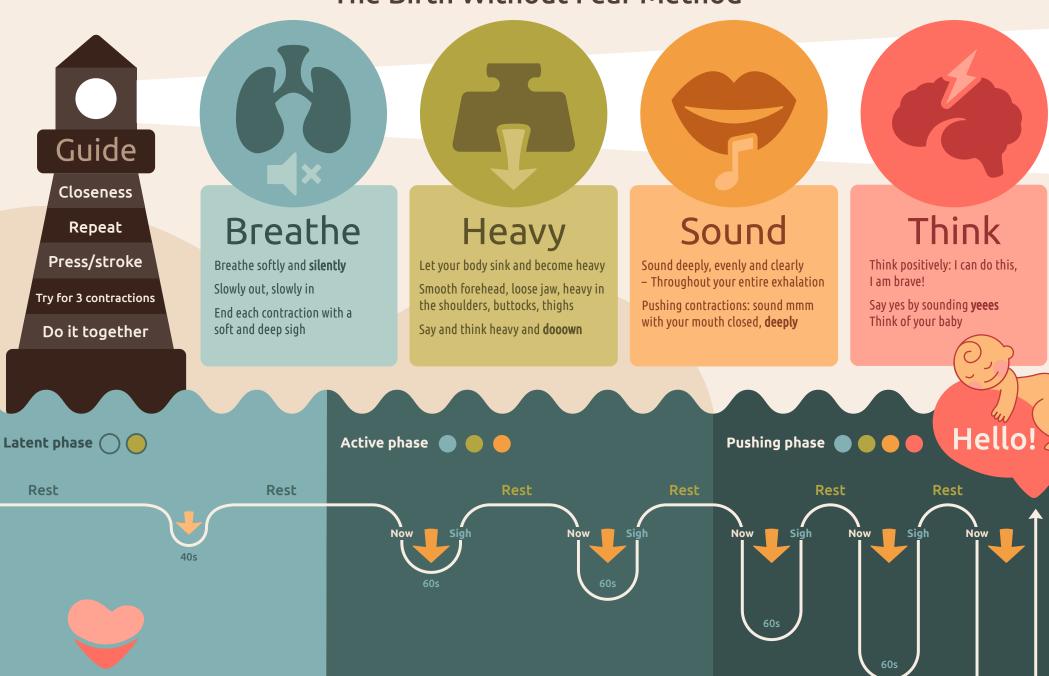






Your practical guide

## The Birth Without Fear Method



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