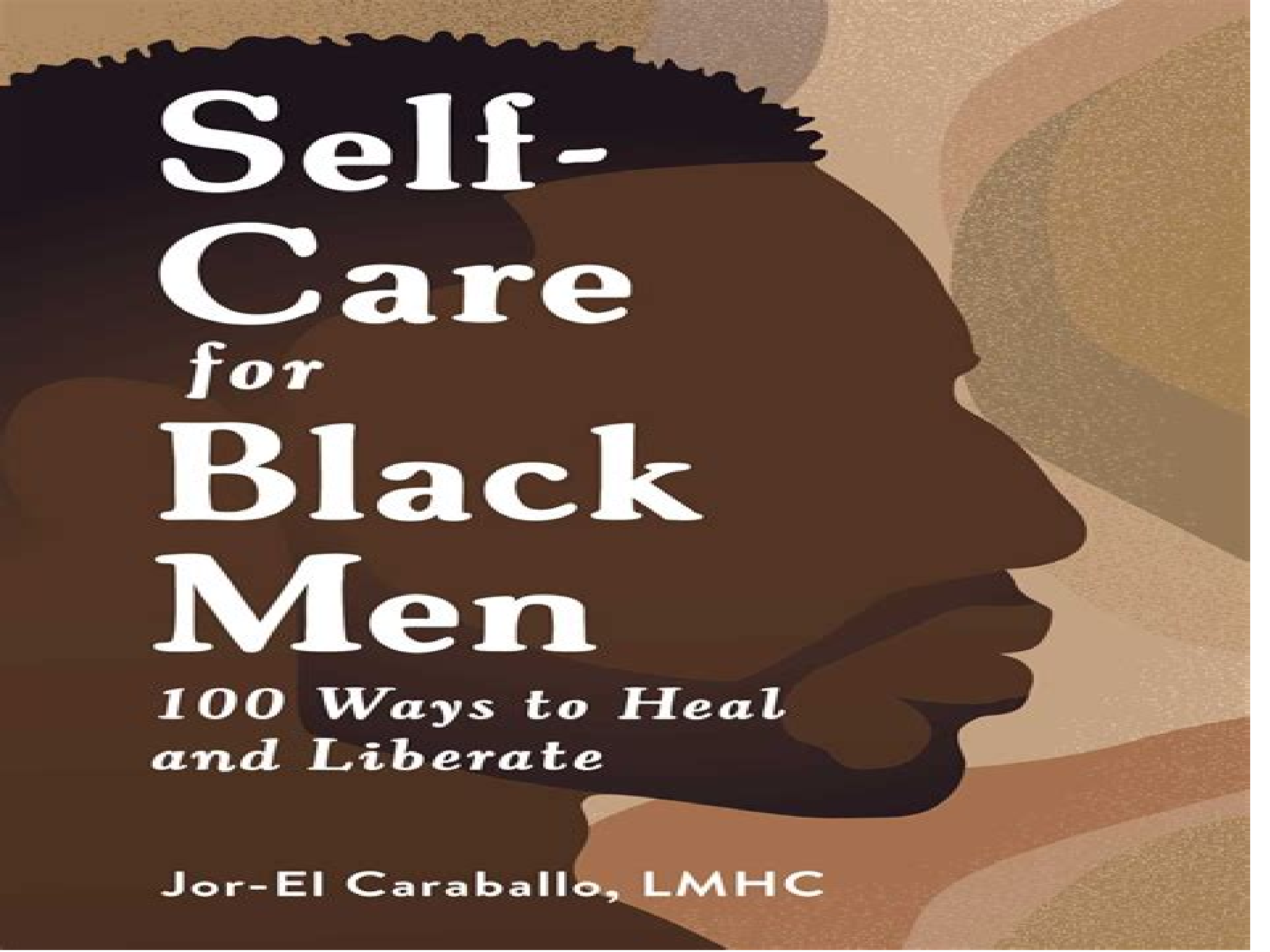




Self- Care *for* Black Men

*100 Ways to Heal
and Liberate*

Jor-El Caraballo, LMHC

Black Self

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