

David pelzer the privilege of youth Study Guide

David Pelzer: The Privilege of Youth

David Pelzer the privilege of youth is a phrase that resonates deeply when exploring the life and experiences of David Pelzer, an author whose story of resilience and survival has touched millions worldwide. His memoirs, particularly *The Privilege of Youth*, offer an unflinching look into his tumultuous childhood marked by abuse, neglect, and ultimately, hope. Pelzer's journey highlights the importance of recognizing the resilience of youth and the transformative power of perseverance in the face of overwhelming adversity.

The Life and Background of David Pelzer

Early Life and Childhood

David Pelzer was born in 1960 in San Francisco, California. His early years appeared normal from the outside, but behind closed doors, his childhood was marred by severe abuse inflicted by his mother. This tumultuous beginning set the stage for a life filled with challenges, but also one of remarkable resilience.

The Nature of His Abuse

David's mother subjected him to:

- Extreme physical abuse
- Neglect and emotional manipulation
- Isolation from peers and support systems

His experiences are documented vividly in his books, shedding light on the darker aspects of childhood abuse and the importance of awareness and intervention.

The Significance of *The Privilege of Youth*

Overview of the Book

The Privilege of Youth is a memoir that chronicles David Pelzer's adolescence after escaping his

abusive home. It explores his journey toward healing, self-discovery, and the realization that youth itself is a privilege?an opportunity for growth, change, and hope.

Themes Explored

The book delves into several core themes:

- The resilience of the human spirit
- The importance of support systems in youth
- Overcoming trauma and adversity
- The power of hope and perseverance

The Power of Resilience in Youth

Understanding Resilience

Resilience refers to the ability to adapt and recover from hardship. David Pelzer's story exemplifies this trait vividly.

Factors Contributing to Resilience

Pelzer attributes his resilience to:

- Inner strength and determination
- Support from mentors and friends
- A desire to break free from his past

Lessons for Young Readers

His story teaches important lessons:

- Even in the darkest times, hope persists
- Resilience can be cultivated through support and self-belief
- Youth have the capacity to transform adversity into strength

The Role of Support Systems and Mentors

Importance of External Support

Throughout his journey, Pelzer benefited from:

- Teachers and school staff who recognized his suffering
- Counselors who offered guidance and encouragement
- Support groups that provided a sense of community

Impact of Mentorship

Mentors played a crucial role in helping Pelzer:

- Believe in his potential
- Develop confidence
- Pursue education and personal growth

Building Support for Youth Today

Pelzer's experience underscores the importance of:

- Early intervention in cases of abuse
- Creating safe environments for children and teens
- Mentorship programs that foster resilience

Overcoming Childhood Trauma: A Journey of Hope

The Path to Healing

Pelzer's journey involved:

- Confronting his past through writing and therapy
- Building a new identity beyond his trauma
- Embracing education and self-improvement

Key Steps in Recovery

- Acknowledging past trauma
- Seeking help and support

- Developing a positive outlook
- Finding purpose and passion

The Role of Education

Education served as a vital tool for Pelzer, providing:

- Distraction from trauma
- Opportunities for personal growth
- A platform for advocacy and awareness

Advocacy and Raising Awareness

Pelzer's Contribution to Child Welfare

Following his recovery, Pelzer became an advocate for:

- Child abuse prevention
- Education and awareness campaigns
- Supporting victims and their families

The Impact of His Work

His books and speeches have:

- Raised awareness about child abuse
- Inspired countless individuals to seek help
- Encouraged society to protect vulnerable children

The Significance of Youth as a Privilege

Recognizing Youth's Potential

Pelzer's story emphasizes that youth is a critical period for:

- Personal development
- Building resilience

- Setting foundations for a future of hope

Challenges Facing Youth Today

Modern youth face issues such as:

- Mental health struggles
- Bullying and peer pressure
- Family dysfunction and abuse

How Society Can Support Youth

To honor the privilege of youth, society should:

- Provide accessible mental health resources
- Promote positive mentorship programs
- Enforce child protection laws
- Foster inclusive and supportive communities

Lessons from David Pelzer's Life

Embracing the Privilege of Youth

Pelzer's life teaches that even in the face of severe hardship, youth can be a period of hope and transformation.

Encouragement for Young People

Young individuals should be encouraged to:

- Believe in their potential
- Seek help when needed
- Use their experiences to foster resilience and empathy

The Power of Sharing Stories

Sharing stories like Pelzer's helps:

- Break the stigma surrounding abuse
- Inspire others to overcome their struggles
- Promote awareness and prevention efforts

Conclusion

David Pelzer the privilege of youth is more than just a phrase; it encapsulates the profound truth that youth is a unique and vital period of life filled with potential. Pelzer's story exemplifies how resilience, support, and hope can transform even the darkest circumstances into a testament of the human spirit's strength. His journey from abuse to advocacy reminds us all of the importance of safeguarding the rights and well-being of young people. By recognizing the privilege of youth and supporting its growth, society can ensure that every child has the opportunity to thrive, heal, and realize their full potential.

David Pelzer: The Privilege of Youth

In the realm of autobiographical literature, few stories resonate as profoundly as that of David Pelzer and his harrowing journey through childhood adversity. His memoir, *The Privilege of Youth*, offers not only a raw account of survival but also an exploration of resilience, hope, and the human spirit's capacity for renewal. As a survivor of severe childhood abuse, Pelzer's narrative transcends personal tragedy to touch on universal themes—highlighting the importance of compassion, understanding, and the societal responsibilities toward vulnerable children. This article delves into the depths of Pelzer's story, examining the core messages of *The Privilege of Youth*, its impact on readers, and the broader implications for child welfare and psychological recovery.

The Life and Background of David Pelzer

Before exploring *The Privilege of Youth*, it is essential to understand the background that shaped David Pelzer's life. Born in 1960 in San Francisco, Pelzer's early years were marked by extreme hardship. His parents, particularly his mother, were involved in a cycle of abuse that subjected him to neglect, physical violence, and emotional torment. His father, who was often absent or powerless to intervene, was unaware of the full extent of the suffering.

Pelzer's childhood was characterized by:

- Severe neglect: Lack of basic necessities like food, clothing, and hygiene.
- Physical abuse: Regular beatings, burns, and other forms of violent punishment.
- Emotional trauma: Constant belittling, isolation, and psychological torment.

His story is not just one of suffering but also of extraordinary resilience. Despite the relentless

adversity, Pelzer managed to find moments of hope, and ultimately, survival and recovery. His narrative is a testament to the human capacity to endure and transform trauma into strength.

The Central Themes of The Privilege of Youth

The Privilege of Youth serves as a sequel to Pelzer's earlier memoir, *A Child Called It*, providing readers with insight into his journey from childhood hardship towards healing and self-discovery. The book emphasizes several core themes:

- The Complexity of Childhood and Youth

Pelzer challenges the reader to reconsider notions of innocence and privilege. He reflects on how even in the most adverse circumstances, moments of joy, connection, and hope can be found. The title itself suggests that youth, despite its vulnerabilities, carries an inherent privilege—the opportunity for growth, healing, and renewal that can be seized, even after trauma.

- The Power of Resilience and Self-Determination

Throughout his narrative, Pelzer illustrates how resilience is cultivated through internal strength and external support. He underscores that recovery is possible when individuals refuse to be defined solely by their past and instead focus on reclaiming their agency.

- The Role of Compassion and Empathy

Pelzer advocates for societal awareness and compassion toward at-risk children. His story urges readers to recognize signs of abuse and to act with empathy, understanding that every child's circumstances are complex and deserving of support.

- The Importance of Education and Mentorship

A pivotal aspect of Pelzer's healing journey was his involvement with caring mentors and teachers who recognized his potential beyond his suffering. Education and mentorship are portrayed as vital tools for empowerment, offering pathways out of despair.

The Journey from Darkness to Light

The narrative of *The Privilege of Youth* chronicles Pelzer's transition from a traumatized child to a

resilient young adult. This journey is marked by pivotal moments:

- Discovery of self-worth: Pelzer narrates how small acts of kindness and self-awareness helped him see beyond his pain.
- Support systems: Encounters with teachers, counselors, and friends who provided stability and encouragement.
- Therapeutic healing: The importance of therapy and psychological support in processing trauma.
- Personal growth: How Pelzer's resilience transformed his outlook, leading to a desire to help others facing similar struggles.

Pelzer emphasizes that healing is not a linear process; it involves setbacks, hard work, and a willingness to confront painful memories. His story exemplifies that the privilege of youth includes the capacity to heal and to harness one's experiences for growth.

The Impact of The Privilege of Youth on Readers and Society

Since its publication, Pelzer's memoir has had a profound impact on readers worldwide. It serves as both a cautionary tale and a source of hope, illustrating that no matter how dark childhood may appear, recovery is within reach.

- Raising Awareness about Child Abuse

Pelzer's candid account has been instrumental in raising awareness about the realities of child abuse. It encourages vigilance among parents, teachers, and community members to recognize and intervene in abusive situations.

- Inspiring Survivors and Advocates

For survivors of childhood trauma, Pelzer's story offers validation and hope. It underscores the importance of resilience, therapy, and community support in overcoming adversity.

- Influencing Child Welfare Policies

Pelzer's narrative has contributed to discussions about policy reforms aimed at protecting children. It highlights the necessity for early intervention, support systems, and education about abuse prevention.

The Broader Lessons of The Privilege of Youth

Pelzer's experiences and reflections impart several key lessons applicable to individuals and society:

- Every child's story is unique: Recognizing the complexity of childhood experiences fosters empathy and tailored interventions.
- Resilience is cultivated, not innate: Support, hope, and perseverance can foster resilience in even the most traumatized children.
- Society bears responsibility: Active engagement and compassionate action are critical in preventing child abuse and supporting recovery.
- Healing is possible: No matter how profound the trauma, with proper support, individuals can reclaim their lives and find purpose.

Moving Forward: Applying Pelzer's Lessons

The Privilege of Youth encourages ongoing dialogue around child welfare, mental health, and resilience. It calls on communities, educators, policymakers, and individuals to:

- Enhance awareness: Educate about signs of abuse and the importance of early intervention.
- Promote resilience-building programs: Schools and community organizations can implement programs that foster self-esteem, emotional intelligence, and coping skills.
- Support mental health services: Access to therapy and counseling should be prioritized for children and trauma survivors.
- Create safe spaces: Establish environments where children feel secure and supported, and where they can share their stories without fear.

By embracing these principles, society can honor the privilege of youth—a period of vulnerability and potential—and ensure that no child suffers in silence.

Conclusion

David Pelzer's *The Privilege of Youth* stands as a compelling testament to the resilience of the human spirit and the transformative power of hope and compassion. His journey from a childhood shadowed by abuse to a life dedicated to advocacy and healing underscores the vital importance of recognizing every child's inherent dignity and potential. As readers reflect on Pelzer's story, they are reminded that, despite the darkest of circumstances, the privilege of youth includes the fundamental right to safety, love, and the opportunity to heal. Society's role is to nurture that privilege, ensuring that every child has the chance to grow, thrive, and someday tell their own story.

of resilience.

Question What is the main theme of David Pelzer's 'The Privilege of Youth'? The main theme revolves around resilience, hope, and overcoming adversity, highlighting Pelzer's personal journey from abuse to empowerment. How does David Pelzer describe his childhood experiences in 'The Privilege of Youth'? Pelzer recounts his childhood with honesty, emphasizing the hardships of abuse while also sharing moments of hope and the importance of perseverance. What lessons can readers learn from David Pelzer's 'The Privilege of Youth'? Readers can learn about the strength of the human spirit, the importance of resilience, and the value of compassion and understanding in overcoming life's challenges. How does 'The Privilege of Youth' differ from Pelzer's earlier works? While his earlier books focus on his traumatic childhood and abuse, 'The Privilege of Youth' offers a more optimistic perspective, emphasizing growth, healing, and hope. What role does forgiveness play in David Pelzer's narrative in 'The Privilege of Youth'? Forgiveness is a key theme, as Pelzer discusses forgiving those who hurt him and how it contributed to his healing and personal growth. How has 'The Privilege of Youth' impacted readers and advocates for abuse survivors? The book has inspired many by demonstrating resilience and the possibility of overcoming abuse, encouraging survivors to find hope and strength. What motivational messages does David Pelzer convey in 'The Privilege of Youth'? Pelzer emphasizes that no matter how difficult one's past may be, perseverance and hope can lead to a positive future. Is 'The Privilege of Youth' suitable for young readers, and why? Yes, it is suitable as it offers inspiring insights into overcoming adversity, though some content may require guidance for younger audiences due to its mature themes.

Related keywords: David Pelzer, The Privilege of Youth, child abuse, resilience, childhood trauma, autobiographical memoir, overcoming adversity, parenting, resilience stories, mental health

dave pelzer a child called it

Dave Pelzer A Child Called It

The story of **Dave Pelzer A Child Called It** is a gripping and heartbreaking account of childhood abuse, resilience, and eventual healing. This autobiographical memoir recounts the unimaginable hardships faced by Dave Pelzer at the hands of his mother and his journey toward overcoming those traumatic experiences. As one of the most well-known stories of child abuse, "A Child Called It" has touched millions worldwide, raising awareness about the severity of abuse and the importance of intervention and support.

Overview of "A Child Called It"

About the Book

"A Child Called It" is the first in a trilogy of memoirs written by Dave Pelzer. Published in 1995, the book provides a raw and unfiltered look into his childhood, detailing the abuse he endured from his mother. The narrative is both shocking and inspiring, highlighting the resilience of a young boy faced with extreme cruelty.

Key Themes

- Child abuse and neglect
- Resilience and survival
- The importance of intervention and support
- Healing and recovery

Summary of Dave Pelzer's Childhood Experience

The Early Years

Dave Pelzer was born in 1960 in San Francisco, California. His childhood initially appeared to be normal, but beneath the surface, his mother's abusive behavior soon unraveled. His father was largely absent from his life, which contributed to his vulnerability.

The Abuse Begins

The abuse started when Dave was just a young boy. His mother, Catherine Pelzer, subjected him to relentless physical and emotional abuse, which included:

- Starvation and denial of food
- Physical beatings
- Isolation from friends and the outside world
- Public humiliation and emotional torment

The "It" Label

Throughout the abuse, Dave's mother labeled him as "It," dehumanizing him and stripping away his sense of worth. The abuse escalated to the point where he was forced to perform humiliating chores and was denied basic needs.

The Turning Point

Despite the brutality, Dave's resilience shone through. His teacher and a concerned school nurse eventually recognized the signs of abuse and intervened, leading to his rescue. This intervention marked the beginning of his journey to recovery.

The Impact of "A Child Called It"

Raising Awareness

The publication of "A Child Called It" brought widespread attention to the realities of child abuse. It shed light on:

- The severity and hidden nature of abuse within families
- The importance of vigilant educators and community members
- The need for effective child protective services

Inspiring Resilience and Hope

Beyond raising awareness, Dave Pelzer's story serves as a testament to the strength of the human spirit. His narrative encourages victims of abuse to seek help and survivors to find hope and healing.

Controversies and Criticisms

While widely praised, some critics questioned the veracity of certain details in Pelzer's story. Nevertheless, the overall impact remains significant, and Pelzer has become a prominent advocate for child abuse prevention.

Lessons from Dave Pelzer's Story

Recognizing the Signs of Child Abuse

Understanding the signs can help in early intervention:

- Unexplained injuries or bruises
- Malnutrition or sudden weight loss
- Withdrawal from social activities
- Fearfulness or anxiety
- Negative behaviors or academic decline

The Role of Educators and Community Members

School staff, neighbors, and friends play a vital role:

- Observing changes in behavior or appearance
- Listening carefully to children's disclosures
- Reporting suspicions to authorities
- Providing support and reassurance to victims

Paths to Healing

For survivors like Dave Pelzer, healing involves:

- Seeking therapy and counseling
- Building a support network of friends and mentors
- Engaging in self-care and personal development
- Sharing their stories to inspire others

The Legacy of "A Child Called It"

Inspiration for Others

Dave Pelzer's story has inspired countless individuals, both victims and advocates. His journey from abuse to advocacy underscores the importance of resilience and hope.

Educational and Awareness Campaigns

Pelzer's book has become a staple in programs aimed at preventing child abuse, including:

- School-based awareness programs
- Child protection training sessions
- Public seminars and campaigns

Authorship and Public Speaking

Apart from his memoirs, Dave Pelzer has authored additional books and frequently speaks publicly about his experiences. His advocacy emphasizes:

- The importance of early intervention

- The need for compassion and understanding towards abuse victims
- The power of perseverance and hope in overcoming adversity

Conclusion

The story of **Dave Pelzer A Child Called It** is a powerful reminder of the dark realities of childhood abuse and the resilience of the human spirit. His memoir not only exposes the horrors faced by many children but also demonstrates that healing and hope are possible with support and intervention. By raising awareness and promoting preventive measures, we can work towards a future where no child suffers in silence. Whether as survivors, advocates, or concerned citizens, each of us has a role to play in protecting children and ensuring they grow up in safe, nurturing environments.

Dave Pelzer A Child Called It: An Investigative Review of a Harrowing Childhood Memoir

The memoir "A Child Called It" by Dave Pelzer is a harrowing account of childhood abuse that has captivated and disturbed readers worldwide since its publication in 1995. As a powerful testimonial, it sheds light on the depths of parental cruelty and raises critical questions about child welfare, psychological trauma, and societal responsibilities. This investigative review aims to analyze the book's content, its impact, the veracity of Pelzer's claims, and the broader implications of his story within the context of child abuse awareness.

Introduction to "A Child Called It"

Published as the first installment of Pelzer's trilogy, "A Child Called It" recounts his childhood experiences of severe physical, emotional, and psychological abuse inflicted by his mother in Daly City, California, during the 1970s. The narrative details a sustained campaign of cruelty that reduced Pelzer to near-starvation, physical injury, and emotional despair, ultimately surviving against insurmountable odds.

The book's raw honesty resonated with many, serving as a wake-up call to society about the realities of child abuse. However, it also sparked controversy regarding the authenticity of Pelzer's account and the broader implications of memoir-based storytelling.

Overview of the Narrative: A Child's Descent into Darkness

"A Child Called It" chronicles Pelzer's childhood from ages 4 to 12, focusing heavily on the period when his mother subjected him to relentless abuse. Key themes include survival, resilience, and the loss of innocence.

Summary of Key Events

- Early Signs of Abuse: Pelzer describes initial neglect and minor punishments that escalate over time.
- Severe Physical Abuse: His mother inflicted injuries ranging from burns to broken bones, often justified by her need to discipline or control.
- Starvation and Deprivation: Pelzer was deliberately starved, sometimes to the point of near-death, with only minimal sustenance provided.
- Emotional and Psychological Torture: Verbal abuse, isolation, and dehumanization were routine.
- Rescue and Recovery: The narrative concludes with Pelzer's eventual rescue by a teacher and social services.

Impact and Reception

The book struck a chord with readers, becoming a bestseller and inspiring discussions around child abuse prevention. Its candidness has also been critiqued for possibly sensationalizing trauma or omitting details for narrative effect.

Analyzing the Veracity of Pelzer's Account

Given the book's prominence, scrutinizing the authenticity of Pelzer's story has been a focal point for critics, skeptics, and researchers.

Claims of Authenticity

Pelzer has consistently maintained that his memoir is a truthful recounting of his childhood. Validation efforts include:

- Testimonies from teachers, social workers, and family members.
- Investigations by child protective agencies at the time.
- Pelzer's own subsequent activism and public speaking, emphasizing the importance of child abuse awareness.

Skepticism and Controversies

Despite Pelzer's assertions, some critics have raised questions regarding:

- Potential embellishments or dramatizations: Critics argue that certain details seem exaggerated or serve narrative purposes.
- Inconsistencies in recounting events: Some have pointed out discrepancies between Pelzer's account and official records.

- Family dynamics and motives: Family members have sometimes disputed Pelzer's portrayal, suggesting a more complex family situation.

Academic and Psychological Perspectives

Studies into autobiographical trauma narratives suggest that memory can be fluid, especially under trauma. Some psychologists caution that repressed memories or suggestive recall may influence memoirs, although no concrete evidence has definitively discredited Pelzer's story.

The Broader Context of Child Abuse in the 1970s

Understanding the environment in which Pelzer's abuse occurred is crucial to contextualizing his story.

Societal Attitudes Toward Child Discipline

In the 1970s, physical punishment was more socially accepted, and child protective services were less comprehensive than today. Many cases of abuse went unreported or unrecognized, especially in families with social or economic challenges.

Child Protective Services? Role

Pelzer's account aligns with reports of systemic failures where abuse was overlooked or inadequately addressed, highlighting the need for robust intervention programs.

Cultural and Societal Challenges

Stigma surrounding family privacy and fear of retaliation often hindered children from speaking out, a reality Pelzer's narrative underscores.

The Psychological Impact of Childhood Abuse as Depicted in the Memoir

"A Child Called It" vividly illustrates the long-lasting psychological scars inflicted by sustained abuse.

Psychological Themes in the Narrative

- Trauma and PTSD: Pelzer describes symptoms consistent with trauma, including nightmares, guilt, and emotional numbness.
- Loss of Trust: His relationships with family members are marred by betrayal and fear.

- Resilience and Survival: Despite the trauma, Pelzer's determination to survive and seek help exemplifies resilience.

Critical Analysis

While Pelzer's account emphasizes the devastating effects of abuse, it also raises questions about resilience factors that enable some survivors to heal and thrive. The memoir has been used in educational settings to promote awareness and foster discussion about intervention strategies.

Impact and Cultural Significance

"A Child Called It" has had a profound influence on public consciousness and child protection policies.

Educational and Advocacy Uses

- Used in schools and training programs to illustrate abuse signs.
- Inspired advocacy campaigns and increased funding for child services.
- Encouraged survivors to share their stories, fostering community and healing.

Controversies and Criticisms

- Some critics argue that the book's sensational tone may overshadow systemic issues.
- Others believe it risks retraumatizing survivors if not presented with appropriate context.

Influence on Media and Literature

Pelzer's memoir has inspired numerous books, documentaries, and discussions centered on child abuse, making it a cornerstone in trauma literature.

Conclusion: The Legacy of Dave Pelzer's "A Child Called It"

"A Child Called It" remains a compelling, if controversial, testament to resilience amid unimaginable cruelty. Its raw portrayal of childhood abuse has served as both a warning and a call to action. While debates about its absolute veracity continue, the broader message—that awareness, intervention, and compassion are vital—resonates universally.

In analyzing Pelzer's story, it is essential to balance empathy for his experience with critical scrutiny, recognizing the importance of safeguarding the integrity of survivor narratives. The book's

enduring influence underscores the necessity of ongoing efforts to prevent child abuse, support victims, and educate society about the signs and consequences of maltreatment.

Ultimately, Pelzer's memoir is not merely a story of suffering but also a testament to hope and resilience. Its significance lies in its capacity to inspire change and foster understanding, making it an essential read for anyone committed to protecting children and nurturing healing in the aftermath of trauma.

Question Who is Dave Pelzer and what is his story in 'A Child Called It'? Dave Pelzer is a survivor of severe childhood abuse, and in 'A Child Called It,' he recounts his traumatic experiences of being neglected and beaten by his mother during his childhood. What are the main themes explored in 'A Child Called It'? The book explores themes such as child abuse, resilience, survival, hope, and the importance of overcoming trauma. How did Dave Pelzer manage to escape his abusive environment? Dave's escape was facilitated by a combination of his resilience, the intervention of a caring teacher, and the support from social services that eventually removed him from his abusive home. What impact did 'A Child Called It' have on awareness about child abuse? The book raised significant awareness about child abuse, highlighting the severity of such situations and encouraging society to take action to protect vulnerable children. Are there any significant adaptations of 'A Child Called It'? Yes, the book has been adapted into a stage play and inspired other related works, including sequels that detail Dave Pelzer's subsequent life and healing process. What lessons can readers learn from Dave Pelzer's story? Readers can learn about the importance of resilience, the need to speak out against abuse, and the power of hope and recovery even in the darkest circumstances. How does 'A Child Called It' fit within the genre of memoirs and autobiographies? 'A Child Called It' is a powerful memoir that provides a firsthand account of childhood abuse, serving as a cautionary and educational story within the autobiographical genre. Has Dave Pelzer spoken publicly about his experiences after publishing the book? Yes, Dave Pelzer has become an advocate for child abuse prevention, sharing his story in public speaking engagements and through various organizations. What are some criticisms or controversies surrounding 'A Child Called It'? Some critics have questioned the accuracy of certain details; however, the overwhelming support and awareness generated by the book have made it a significant work in the realm of child advocacy. What is the significance of 'A Child Called It' in literature and social activism? The book is considered a landmark in survivor literature and has contributed greatly to social activism by shedding light on child abuse and inspiring protective measures and policies.

Related keywords: child abuse, memoir, Dave Pelzer, trauma, rescue, childhood trauma, foster care, survival, family secrets, emotional healing

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