

# **THE PTSD WARRIOR HEALING MINDSET: CHANGES IN HABITS AND ROUTINES TO HELP RETRAIN THE BRAIN AFTER TRAUMA**

**Cristyne Bester**

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However, the small size of the arch suggests that it is easier to place in the voussoirs of a round arch in the wall and give them the slant required by the slope of the wall and the skew shape of the arch by means of a simple retouching, rather than addressing the complexities of the template construction methods proposed by the treatises.

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