

# Internal Family Systems Richard Schwartz

**Martha Sweezy, Ellen L. Ziskind**

Internal Family Systems Therapy Richard C. Schwartz, 2013-09-18 This book has been replaced by Internal Family Systems Therapy, Second Edition, ISBN 978-1-4625-4146-1.

Introduction to Internal Family Systems Richard Schwartz, Ph.D., 2023-03-07 A highly accessible introduction to a therapeutic approach that brings our inner “parts” into harmony and allows our core Self to lead. We’re all familiar with self-talk, self-doubt, self-judgment—yet most of us still view ourselves as if we have one uniform mind. Dr. Richard Schwartz’s breakthrough was recognizing that we each contain an “internal family” of distinct parts—and that treating these parts with curiosity, respect, and empathy vastly expands our capacity to heal. Over the past two decades, Internal Family Systems (IFS) has transformed the practice of psychotherapy. With Introduction to Internal Family Systems, the creator of IFS presents the ideal layperson’s guide for understanding this empowering, effective, and non-pathologizing approach to self-discovery and healing. Here, Dr. Schwartz shares evidence, case studies, and self-care tools to help you:

- Shift from the limiting “mono-mind” paradigm into an appreciation of your marvelous, multidimensional nature
- Unburden your wounded parts from extreme beliefs, emotions, and addictions
- Demystify the most commonly misunderstood parts—the Exiles, Managers, and Firefighters
- Transform your most challenging parts from inner obstacles to invaluable allies
- Embrace the existence of innate human goodness—in yourself and others
- Connect with the true Self that is greater than the sum of your parts

“The most wonderful discovery I have made is that as you do this work, you release, or liberate, what I call your Self or your True Self—the calm, compassionate essence of who you are,” says Dr. Schwartz. “When the Self becomes the leading intelligence in our lives, we create more harmony—both within ourselves and in our external lives.” For therapists, their clients, and anyone interested in understanding and healing themselves, here is an essential guide to a revolutionary approach to self-realization, mental wellness, and transformation.

Internal Family Systems Therapy Richard C. Schwartz, Martha Sweezy, 2019-08-12 Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or parts of each individual’s psyche relate to each other like members of a family, and how—just as in a family—polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for

implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition \*Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base. \*Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. \*Enhanced clinical utility, with significantly more how-to details, case examples, and sample dialogues. \*Quick-reference boxes summarizing key points, and end-of-chapter summaries. See also *Internal Family Systems Therapy for Shame and Guilt*, by Martha Sweezy.

*The Internal Family Systems Workbook* Richard Schwartz, Ph.D., 2024-12-03 The only official workbook from Dr. Richard C. Schwartz, founder of Internal Family Systems, to meet, understand, and heal the parts of yourself The Internal Family Systems (IFS) model teaches that each of us is not a single personality. Rather, we carry in us a “family” of distinct inner parts that hold our many hurts and conflicts—and that we can heal in order to live with more confidence, courage, and connection. With *The Internal Family Systems Workbook*, Dr. Schwartz presents an invaluable tool to help you learn about IFS and apply it to your own life—on your own time and at your own pace. Opening with a beginner-friendly overview of IFS, the workbook offers more than 50 practices, exercises, and meditations to help you:

- Understand the parts that make up your system, including Manager parts that want to keep you out of uncomfortable situations and Firefighter parts that react to painful emotions and events
- Extend compassion to each part as you begin to understand how they’re trying to support you
- Learn strategies to stay calm and navigate anxiety when your parts are activated, allowing you to face challenging situations with courage
- Explore ways to heal past wounds and trauma
- Uncover your core Self that is the source of your deepest wisdom

Throughout the workbook, you’ll find a variety of exercises to support different learning styles, as well as QR codes for guided audio meditations read by Dr. Schwartz to further bolster your journey. IFS has proven to be a revolutionary tool for stress, anxiety, depression, PTSD, trauma, burnout, addiction, disordered eating, relationships, and more. As Dr. Schwartz writes, “IFS changes lives. Now it is your turn to experience this transformative tool for yourself. You and all your parts are welcome here.”

**Internal Family Systems Therapy** Martha Sweezy, Ellen L. Ziskind, 2013-03-20 Internal family systems therapy, or IFS, is one of the fastest growing models of psychotherapy today. Focused on psychic multiplicity and the healing effects of compassion, this non-pathologizing therapy has been adopted by clinicians around the world. Internal Family Systems Therapy builds on Richard Schwartz’s foundational introductory texts, illustrating how the IFS protocol can be applied to a variety of therapy modalities and patient populations. Each chapter provides clear, practical guidance and clinical illustrations. While addressing questions from therapists who are exploring the model or wonder about its applicability, Internal Family Systems Therapy is also essential reading for knowledgeable IFS clinicians.

*No Bad Parts* Richard Schwartz, Ph.D., 2021-07-06 Discover an empowering new way of understanding your multifaceted mind—and healing the many parts that make you who you are. Is there just one “you”? We’ve been taught to believe we have a single identity, and to feel fear or shame when we can’t control the inner voices that don’t match the ideal of who we think we should be. Yet Dr. Richard Schwartz’s research now challenges this “mono-mind” theory. “All of us are born with many sub-minds—or parts,” says Dr. Schwartz. “These parts are not imaginary or symbolic. They are individuals who exist as an internal family within us—and the key to health and happiness is to honor, understand, and love every part.” Dr. Schwartz’s Internal Family Systems (IFS) model has been transforming psychology for decades. With *No Bad Parts*, you’ll learn why IFS has been so effective in areas such as trauma recovery, addiction therapy, and depression treatment—and how this new understanding of consciousness has the potential to radically change our lives. Here you’ll explore:

- The IFS revolution—how honoring and communicating with our parts changes our approach to mental wellness
- Overturning the cultural, scientific, and spiritual assumptions that reinforce an outdated mono-mind model
- The ego, the inner critic, the saboteur—making these often-maligned parts into powerful allies
- Burdens—why our parts become distorted and stuck in childhood traumas and cultural beliefs
- How IFS demonstrates human goodness by revealing that there are no bad parts
- The Self—discover your wise, compassionate essence of goodness that is the source of healing and harmony
- Exercises for mapping your parts, accessing the Self, working with a challenging protector, identifying each part’s triggers, and more

IFS is a paradigm-changing model because it gives us a powerful approach for healing ourselves, our culture, and our planet. As Dr. Schwartz teaches, “Our parts can sometimes be disruptive or harmful, but once they’re unburdened, they return to their essential goodness. When we learn to love all our parts, we can learn to love all people—and that will contribute to healing the world.”

*Innovations and Elaborations in Internal Family Systems Therapy* Martha Sweezy, Ellen L. Ziskind, 2016-08-25 Martha Sweezy and Ellen L. Ziskind’s *Internal Family Systems Therapy: New Dimensions* quickly established itself as essential reading for clinicians who are interested in IFS by illustrating how the model can be applied to a variety of therapy modalities and patient populations. Sweezy and Ziskind’s newest volume, *Innovations and Elaborations in Internal Family Systems Therapy*, is the natural follow-up to that text. Here Richard Schwartz and other master IFS clinicians illustrate how they work with a wide variety of problems: racism, perpetrator parts, trauma, addiction, eating disorders, parenting, and grief. The authors also show creative ways of putting into practice basic IFS techniques that help parts to unblend and to unburden both personal and legacy burdens.

*You Are the One You've Been Waiting For* Richard Schwartz, Ph.D., 2023-05-09 A groundbreaking approach for practicing courageous love and resilient intimacy—from the creator of Internal Family Systems therapy Do loving relationships end because couples lack communication skills, struggle to empathize, and fail to accommodate each other’s needs? That’s a

common belief within and outside of the therapeutic world... but what if it's all wrong? In *You Are the One You've Been Waiting For*, Dr. Richard Schwartz, the celebrated founder of Internal Family Systems (IFS) therapy, offers a new way—a path toward courageous love that replaces the striving, dependent, and disconnected approach to solving relationship challenges. The breakthrough realization of IFS is that our psyche contains multiple parts, each with a life of its own. Most problems in relationships arise because we unknowingly burden our partner with the task of caring for our disowned and unloved parts. In this book, you'll discover essential insights and tools to foster healthy dialogue with your parts and your partner, including:

- How to recognize and disarm the cultural assumptions that create shame, guilt, and isolation in relationships
- The Three Projects—why we fool ourselves into thinking we must change our partner, change ourselves, or give up on true intimacy
- Finding and Healing Exiles—transforming the way our most vulnerable parts influence the way we treat each other
- How to reorient relationship conflicts to help each of us grow toward the Self—the center of our clarity and wisdom
- Courageous Love—building resilient intimacy with each other and our parts to create healthy, lasting partnerships

“No one can do the work of healing our orphaned parts for us,” says Dr. Schwartz. “Yet when we begin with Self-leadership, a relationship can become a safe place in which we help each other heal and grow.” Here is an invaluable guide for therapists and laypersons alike to promote connection, trust, and understanding—within yourself and with the one you love.

**Internal Family Systems Therapy** Emma E. Redfern, 2022-08-24 *Internal Family Systems Therapy: Supervision and Consultation* showcases the skills of Richard C. Schwartz and other leading IFS consultants and supervisors. Using unique case material, models, and diagrams, each contributor illustrates IFS techniques that assist clinicians in unblending and accessing Self-energy and Self-leadership. The book features examples of clinical work with issues such as bias, faith, sexuality, and sexual hurts. Individual chapters focus on therapist groups, such as Black Therapists Rock, and on work with specific populations, including children and their caregivers, veterans, eating disordered clients, therapists with serious illnesses, and couples. This thought-provoking book offers an opportunity for readers to reflect on their own supervision and consultation (both the giving and receiving of it). It explores what is possible and preferable at different stages of development when using the IFS model.

*Transitioning to Internal Family Systems Therapy* Emma E. Redfern, 2023-04-27 *Transitioning to Internal Family Systems Therapy* is a guide to resolving the common areas of confusion and stuckness that professionals often experience when facilitating the transformational potential of the IFS model. Real-life clinical and autobiographical material is used throughout from the author's supervision practice, together with insights from IFS developer Richard C. Schwartz and other lead trainers and professionals. With the use of reflective and practical exercises, therapists and practitioners (those without a foundational therapy training) are encouraged to get to know and attend to their own inner family of parts, especially those

who may be struggling to embrace the new modality. Reflective statements by professionals on their own journeys of transition feature as a unique element of the book. Endnotes provide the reader with additional information and direct them to key sources of information on IFS.

**Internal Family Systems Therapy**, 1995 Applying family systems concepts to the intrapsychic realm, the Internal Family Systems (IFS) model proposes that individuals' subpersonalities interact and change in many of the same ways as do families and other human groups. Seasoned practitioner Richard C. Schwartz illuminates how parts of a person can form paralyzing inner alliances resembling the destructive coalitions found in dysfunctional families, and provides straightforward guidelines for incorporating the IFS model into treatment. A valuable text and clinical resource, the book demonstrates in step-by-step detail how therapists can.

**Internal Family Systems Therapy for Addictions: Trauma-Informed, Compassion-Based Interventions for Substance Use, Eating, Gambling and More** Cece Sykes, Martha Sweezy, Richard Schwartz, 2023-03 So often, addiction is viewed as a disease or an uncontrollable habit that signals a lack of willpower. In Internal Family Systems (IFS) Therapy for Addictions, IFS educator Cece Sykes, IFS author Martha Sweezy, and IFS founder, Richard Schwartz, suggest a paradigm shift. Rather than viewing addiction as a pathology, they propose that it reflects the behavior of polarized, protective parts struggling to manage underlying emotional pain. In this manual, therapists will learn how to access their core, compassionate Self and collaborate with clients in befriending protective parts who engage in addictive processes; healing the vulnerable, wounded parts they protect; and restoring balance in their system. Included inside: - Experiential exercises to help clients (and therapists) get to know their own parts - Guidelines for conducting assessments in an engaging, collaborative way - Clear strategies for negotiating internal conflict and navigating polarization between opposing parts - Case examples annotated with step-by-step explanations - Downloadable worksheets, handouts, and meditations

**Internal Family Systems Skills Training Manual** Frank G. Anderson, Martha Sweezy, Richard Schwartz, Richard D. Schwartz, 2017-11-07 Internal Family Systems Therapy (IFS) provides a revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- IFS applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications. Easy to read and highly practical. Step-by-step techniques Annotated case examples Unique meditations Downloadable exercises, worksheets IFS is Evidence-Based Thirty years ago, IFS creator Richard Schwartz, PhD, listened to his clients describing the behaviors and fears of their most extreme parts. He found that the inner world of all his clients was characterized by parts who had a positive intent for the client but had taken on extreme roles in an effort to be safe. He also discovered that these extreme parts would become less disruptive and more cooperative once their concerns were addressed and they felt safer. IFS views psychic multiplicity as the

norm: we all have parts. In addition, every part has a good intention for the client, and every part has value. When clients listen to all their parts, they can heal their wounded parts. Today, IFS, which has established a legacy of efficiency and effectiveness in treating many mental health issues, is being heralded by Dr. Bessel van der Kolk as a treatment that all clinicians should know.

**Introduction to Internal Family Systems** Richard Schwartz, 2023-11-23 'Incredible' Jonathan Van Ness  
'Groundbreaking' Gabor Maté 'Paradigm-shifting' Stephen Porges We're all familiar with self-talk, self-doubt, self-judgement - and yet many of us still believe we have one uniform mind. Dr Richard Schwartz's breakthrough model of therapy, Internal Family Systems (IFS), revealed that our minds are made up of distinct parts that form our 'internal family', from Protectors and Exiles to Managers and Firefighters. Introduction to Internal Family Systems is the practical guide you need to understand how your mind works and uncover the life-changing power of IFS. Learn how to restore wholeness with the 8 Cs of 'Self' - confidence, calmness, creativity, clarity, courage, curiosity, compassion and connectedness - and unburden your mind with the compassionate and courageous within yourself.

**Releasing Our Burdens** Thomas Hübl, Richard Schwartz, Ph.D., 2025-12-02 The authors' definition of trauma is valuably broad and complex, and their concepts are unpacked in nonjudgmental terms. It's a solid addition to the rising tide of literature on trauma. —Publishers Weekly A groundbreaking collaboration between Dr. Richard Schwartz, founder of Internal Family Systems (IFS), and Dr. Thomas Hübl, renowned teacher and trauma healing facilitator, on healing individual, ancestral, and collective trauma to reclaim resilience and transform our world We often view trauma as a personal wound to heal on our own—but trauma is rarely just an individual issue. It is shaped by ancestral burdens passed down through generations and by the collective pain we experience from the world around us. Beloved teachers Richard Schwartz and Thomas Hübl bring together their wisdom to chart a new path forward that addresses these deeper layers of wounding, so we can heal ourselves, our communities, and our world. In this powerful book, Hübl and Schwartz help us understand why individual trauma cannot be separated from the legacies of shared past and present traumas. The authors explore their respective approaches to trauma healing and how these modalities can work together. Schwartz is the creator of IFS, a highly effective, evidence-based therapeutic approach that teaches that we all contain many parts—and also have an undamaged, healing Self. Hübl has done powerful work on trauma healing, particularly collectively and in groups. Together, they offer methods and practices that help us begin to: • Release beliefs and emotions that no longer serve us • Break cycles of harm • Expand our awareness • Become more compassionate and curious as we heal A chapter from Fatimah Finney, a licensed mental health counselor and a trainer at the IFS Institute, helps us apply these methods to the wounds caused by social injustices, such as racial bias and oppression. Through this work, Hübl shares, “We can unload the burden and create a more flourishing world.”

**Internal Family Systems Therapy 2nd Edition** Martha Martha Sweezy, Richard C. Richard C. Schwartz, 2021-07-25  
Internal Family Systems Therapy Second Edition Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or parts of each individual's psyche relate to each other like members of a family, and how--just as in a family--polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition \*Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base. \*Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. \*Enhanced clinical utility, with significantly more how-to details, case examples, and sample dialogues. \*Quick-reference boxes summarizing key points, and end-of-chapter summaries.

**Somatic Internal Family Systems Therapy** Susan McConnell, 2020-09-22 Discover the innovative intersection of somatic therapy and Internal Family Systems (IFS), featuring 5 core practices to transform modern therapeutic approaches. Enhance your clinical practice and patient outcomes by skillfully uniting body and mind through an evidence-based therapeutic modality—endorsed by leaders in the field, including Richard Schwartz. Somatic Internal Family Systems Therapy introduces a cutting-edge therapeutic modality that merges the elements of somatic therapy, such as movement, touch, and breathwork, with the established principles of the Internal Family Systems (IFS) model. Authored by Susan McConnell, this multifaceted approach is crafted for therapists, clinicians, somatic practitioners, mental health professionals, and anyone interested in innovative healing techniques. A valuable contribution to mental health treatment, this guide offers a new horizon for those engaged in the well-being of others. This comprehensive, bestselling guide presents: 5 core practices: somatic awareness, conscious breathing, radical resonance, mindful movement, and attuned touch, designed for seamless integration into therapeutic work. Strategies to apply these practices in addressing a range of clinical conditions including depression, trauma, anxiety, eating disorders, chronic illness, and attachment disorders. Techniques to assist clients in identifying, understanding, and reconciling their 'inner worlds' or subpersonalities, leading to improved emotional health and behavior. A compelling combination of scientific insights, experiential practices, and real-world clinical stories that illuminate the theory and application of Somatic IFS. Highly regarded mental health professionals, such as IFS founder Richard Schwartz, have applauded this essential guide. By weaving together holistic healing wisdom, modern neuroscience, and somatic practices expertise, this book serves as a crucial resource for psychotherapists across various disciplines and laypersons seeking an embodied self.

*Introduction to Internal Family Systems* Harper Susan Evergreen, *Introduction to Internal Family Systems: A Step-by-Step Guide to Mastering IFS Therapy* Within the vast landscape of therapeutic modalities, the Internal Family Systems (IFS) model stands out, offering a revolutionary approach to personal growth, healing, and self-awareness. Dive deep into the fascinating world of IFS with this comprehensive guide, expertly crafted for both seasoned professionals and curious newcomers. **What's Inside:** **Historical Roots:** Journey through the evolution of IFS from its early beginnings to its widespread acclaim in the therapeutic community. **Core Concepts Explained:** Unravel the intricacies of the Self, parts, burdens, and the dynamic interplay between them. **Practical Techniques:** Engage with detailed techniques, from visualization exercises to dialogue methods, to foster self-awareness and healing. **Diverse Applications:** Discover the broader impact of IFS, from business leadership and team dynamics to educational settings and personal development. **Real-World Case Studies:** Witness the transformative power of IFS through compelling case studies that draw comparisons with other therapeutic models, offering a holistic understanding of its potential. Regardless of whether you're a practicing therapist looking to incorporate IFS into your methods, a scholar eager to broaden your understanding of therapy, or an individual on a personal journey toward self-understanding, this book pledges to be a transformative ally. Delve deep into the realm of IFS, uncover profound perceptions, and welcome the infinite potentialities of the human mind. Order your copy now and embark on a journey towards internal harmony, healing, and unparalleled self-awareness.

**What Is the Internal Family in Internal Family Systems Therapy?** Connie Seligman, 2020-10-20 The Internal Family Systems (IFS) model is an integrative approach to individual psychotherapy developed by Richard C. Schwartz, PhD. It combines systems thinking with the view that the mind is made up of relatively discrete sub-personalities, each with its own viewpoint and qualities. IFS uses family systems theory to understand how these collections of sub-personalities are organized. This book demonstrates, through playful illustrations, how multiple protective sub-personalities (parts) combine to exile from consciousness the pain connected with adverse childhood experiences. The second part of the book illustrates how IFS therapy proceeds to negotiate with protector parts in order to free a young exiled part from the burdens of her past.

**Internal Family Systems Therapy for Shame and Guilt** Martha Sweezy, 2023-07-17 Human beings create and participate in interdependent external systems like families, work environments, schools, and places of worship. In addition to these physiological and external systems, our psyche hosts a complex social system. The premise of this book is that the psyche's social system includes numerous separate centers of motivation with different points of view who communicate by way of feelings, sensations, and thoughts. In this light, we can understand the aftermath of trauma as a systemic response that brings many perspectives to the overriding goal of safety. While others have written about internal family systems therapy with children, in this book we'll be looking at the child parts of adults. In the chapters to come, I show how we can heal from shame-related identity injuries and release young parts from burdened bonds using treatment strategies that any



mental health practitioner can learn to use. You need not be trained in IFS to understand my examples or follow my argument--

The Top Books of the Year Internal Family Systems Richard Schwartz The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Internal Family Systems Richard Schwartz : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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### Internal Family Systems Richard Schwartz Introduction

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recently had a birthday and her gift

request was a bottle of cheap wine yes

sometimes the cheapest wines are the

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and so i decided to make a wine bottle  
 bag to present it in in my online and

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