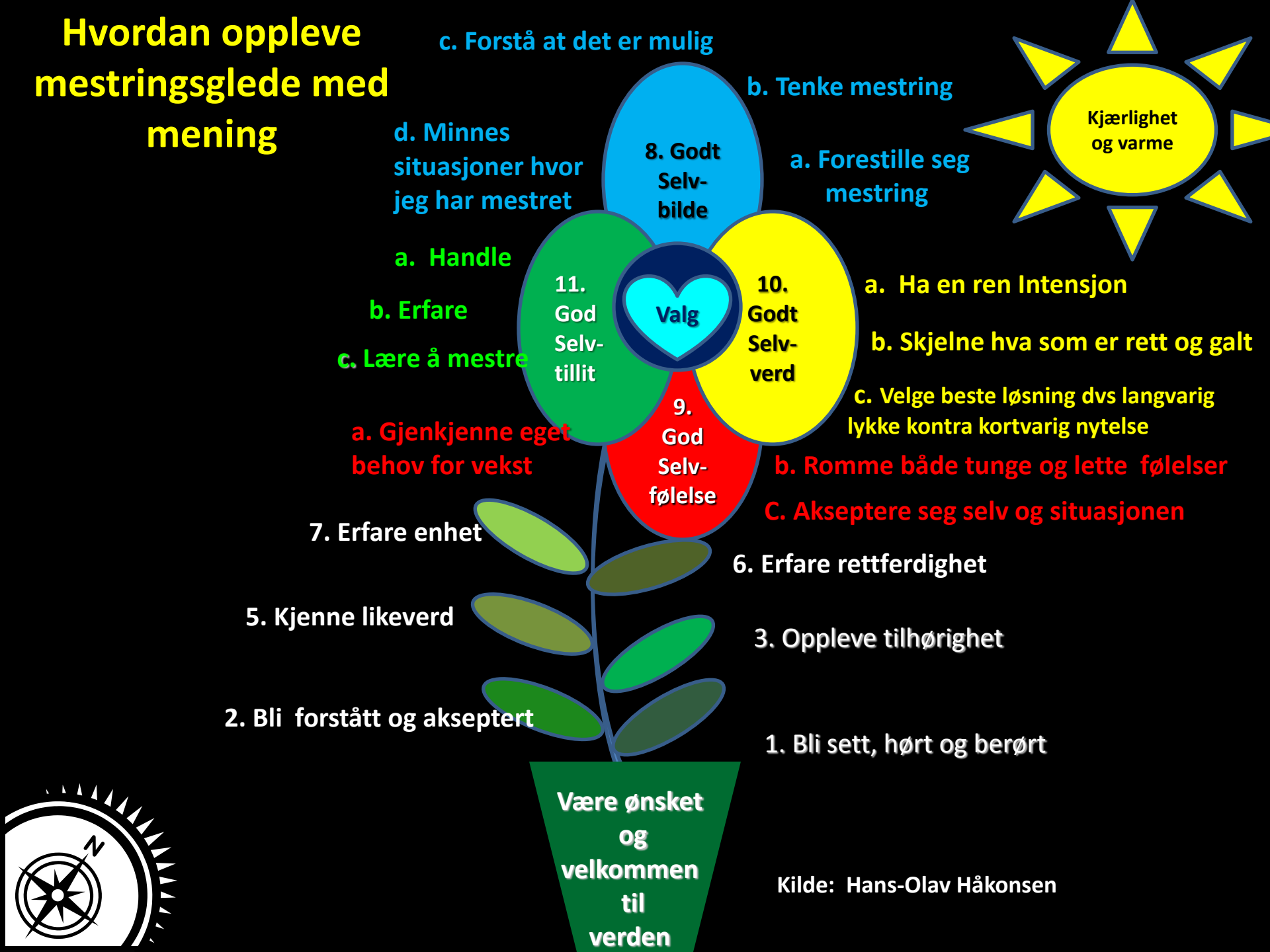
Hvordan oppleve mestringsglede med mening



Kilde: Hans-Olav Håkonsen