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# Critical Elements in Recovery from Injuries and Disability

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**“What is essential is invisible to the eye.”**

In Antoine de St. Exupéry’s classic story, the Little Prince learns a powerful lesson from a wise fox, who shares a secret with his young friend: “One sees clearly only with the heart... You become responsible for what you have tamed.” The same may be true with injured workers. When it comes to recovering from a disabling illness or injury, we may need to look beyond the visible—injury type and injury severity—and examine relationships.

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