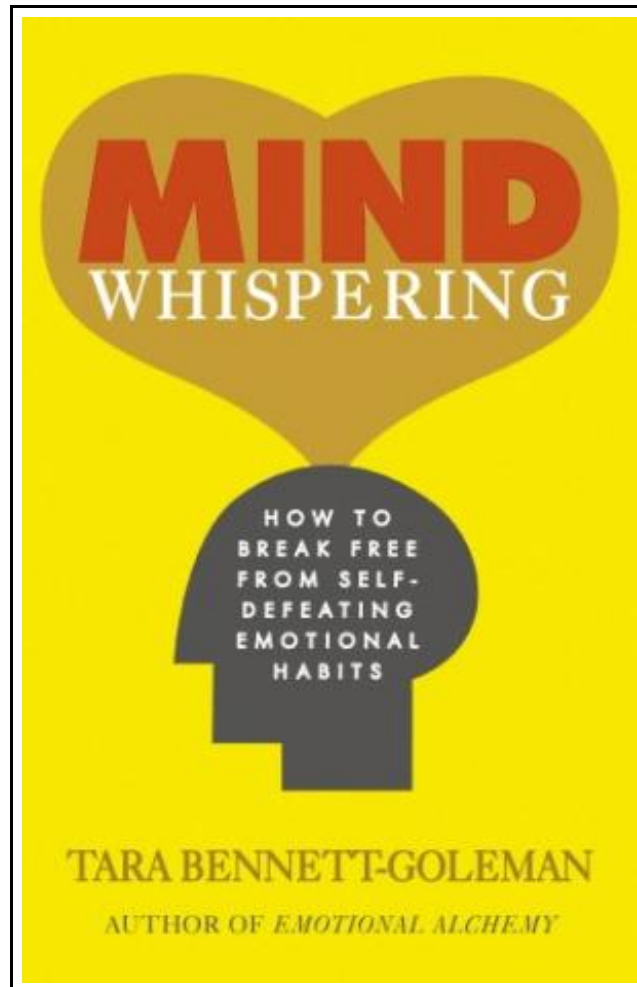


## Mind Whispering: How to Break Free from Self-Defeating Emotional Habits



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