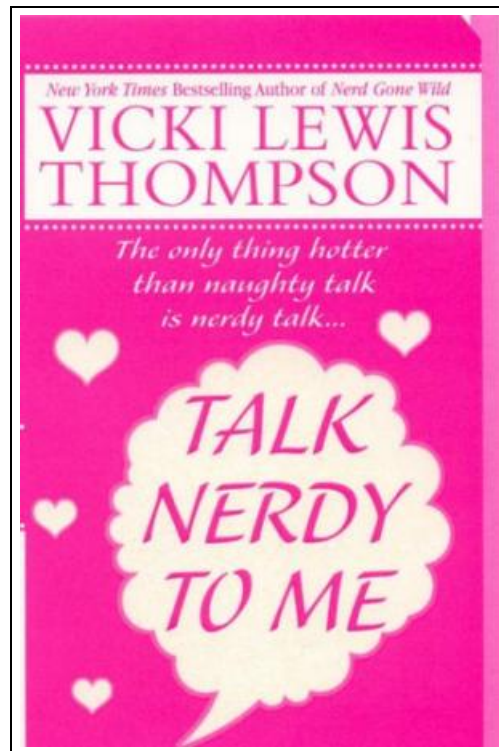


## The Emotional Toolkit: Seven Power-Skills to Nail Your Bad Feelings



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