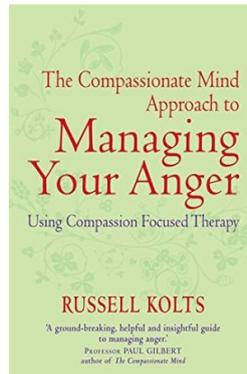


## The Compassionate Mind Approach to Managing Your Anger



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