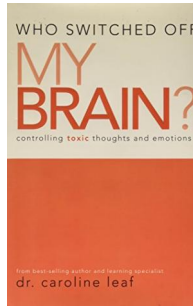


## Who Switched Off My Brain? Controlling Toxic Thoughts and Emotions



### Book Review

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(Claudine Jerde)

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