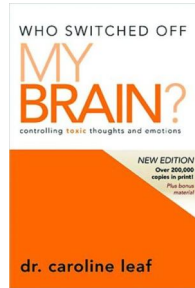


## Who Switched Off My Brain? Revised: Controlling Toxic Thoughts and Emotions



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