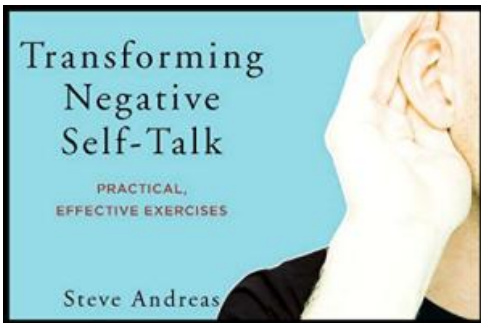


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## TRANSFORMING NEGATIVE SELF-TALK: PRACTICAL, EFFECTIVE EXERCISES



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