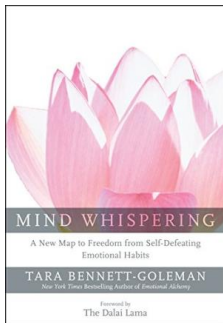


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## MIND WHISPERING: A NEW MAP TO FREEDOM FROM SELF-DEFEATING EMOTIONAL HABITS



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