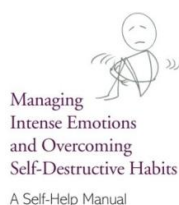


Managing Intense Emotions and Overcoming Self-Destructive Habits: A Self-Help Manual (Paperback)

Lorraine Bell



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It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.
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