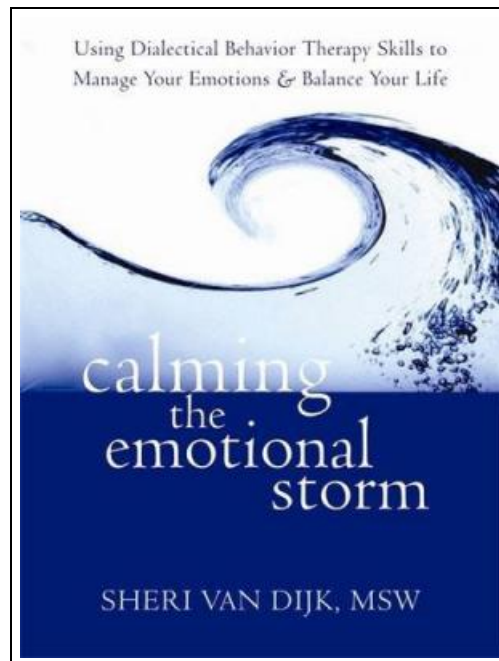


## Calming the Emotional Storm: Using Dialectical Behaviour Skills to Manage Your Emotions and Balance Your Life



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## CALMING THE EMOTIONAL STORM: USING DIALECTICAL BEHAVIOUR SKILLS TO MANAGE YOUR EMOTIONS AND BALANCE YOUR LIFE

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