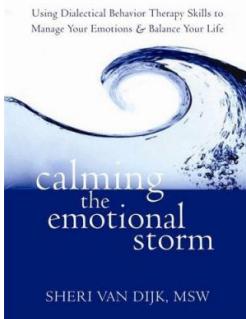


## Calming the Emotional Storm: Using Dialectical Behaviour Skills to Manage Your Emotions and Balance Your Life



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### Book Review

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**(Trystan Yundt)**

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