

Cognitive And Dialectical Behavior Therapy Unleashed How To Regulate Your Emotions Control Your Mood And Change Your Behavior Through Mindfulness Awareness

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September 11th, 2018 - When you have difficulties managing your emotions it can feel like you re losing control of your whole life Anger hurt grief worry and other intense feelings can be overwhelming and how you react to these emotions can impact your ability to maintain relationships succeed at work or even think straight

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