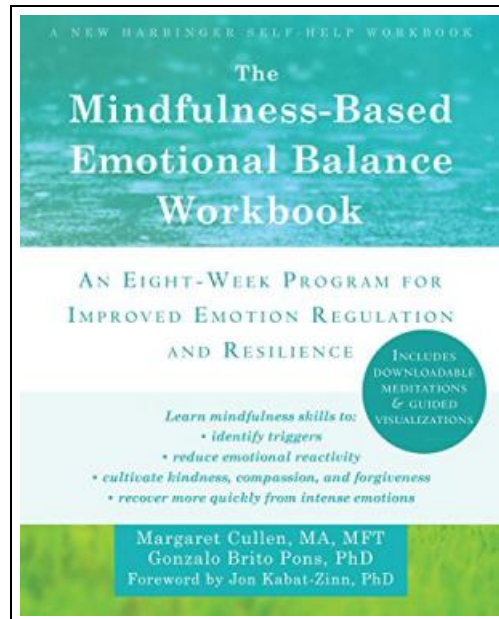


## The Mindfulness-Based Emotional Balance Workbook: An Eight-Week Program for Improved Emotion Regulation and Resilience (Paperback)



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