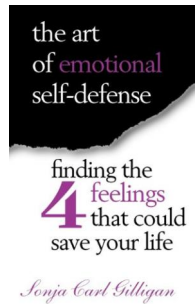


## The Art of Emotional Self-Defense: Finding the Four Feelings That Could Save Your Life



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