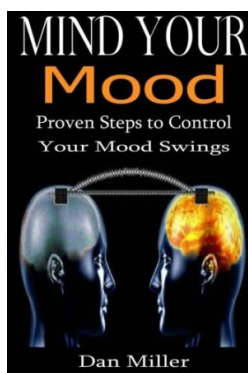


## Mind Your Mood: Proven Steps to Control Your Mood Swings



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