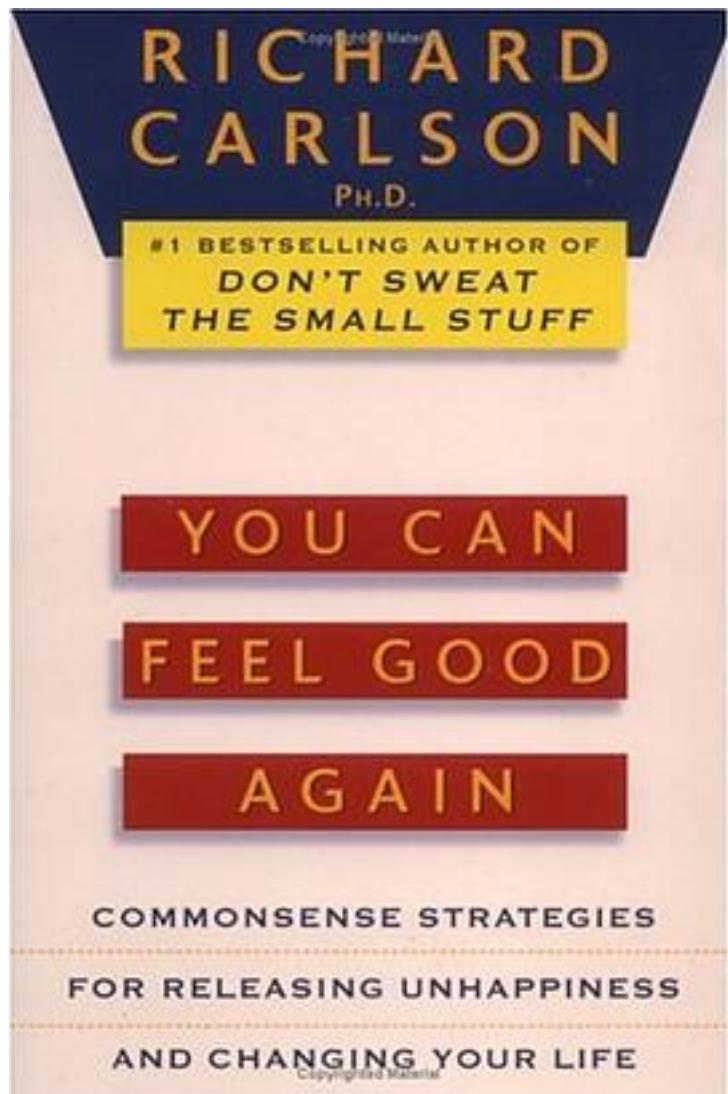


You Can Feel Good Again



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A groundbreaking guide to psychological health based on the revolutionary therapeutic approach called Psychology of Mind. Simple, short-term, and accessible to all, the principles of Psychology of Mind offer a common-sense method for letting go of depression and tapping into a natural state of well-being--without drugs or psychotherapy.

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