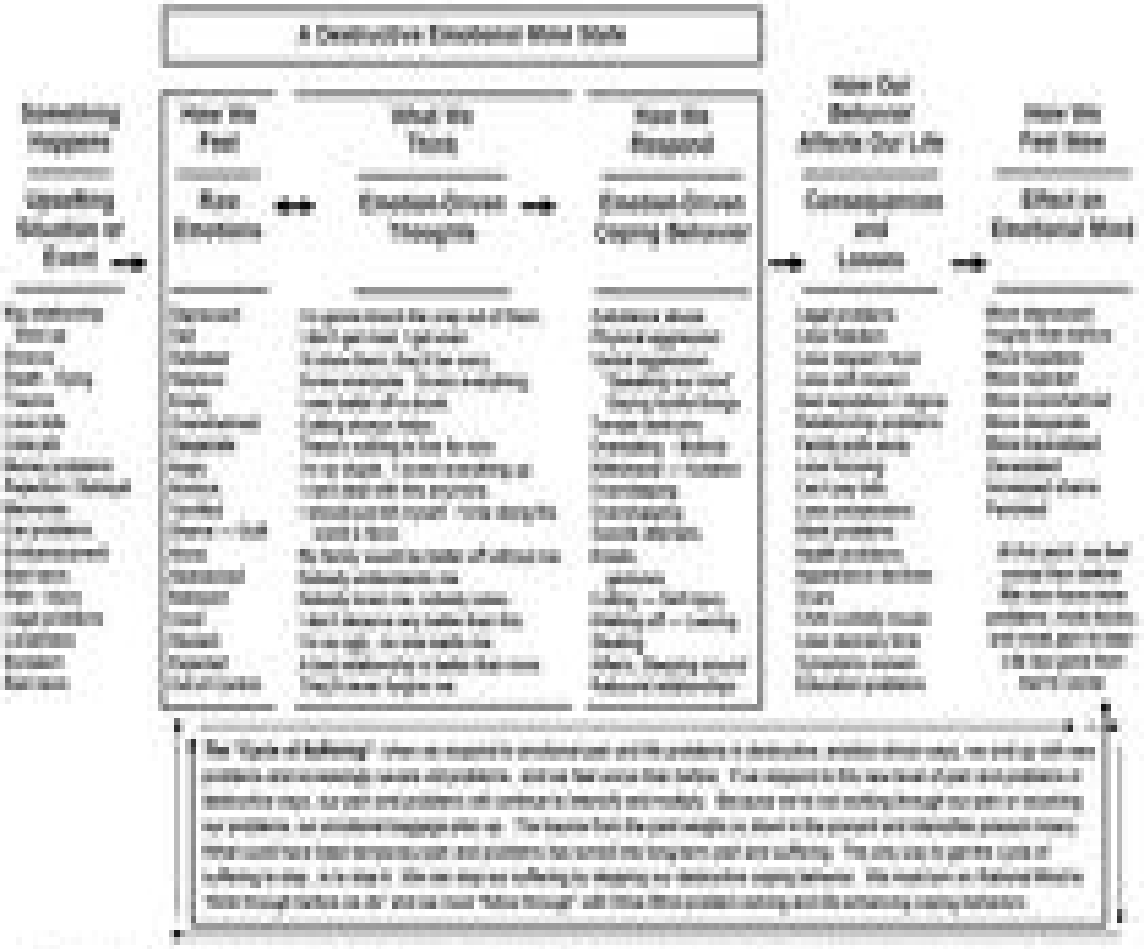
The Dynamics of Emotional Mind and its Role in Driving Destructive Coping Behavior

"When Emotional Mind Drives, We Wreck-Out...and Our Lives Become a Total Wreck"



Source: "Cognitive Affect: A Cognitive-Behavioral Theory (CAT)", Cognitive-Behavioral Theory (CBT) Workbook for Healing Addiction Via Mindfulness and Acceptance-Based Behavior™
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