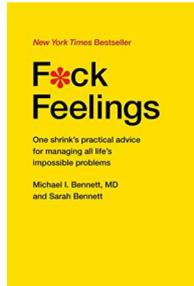


## F\*ck Feelings: One Shrink's Practical Advice for Managing All Life's Impossible Problems



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