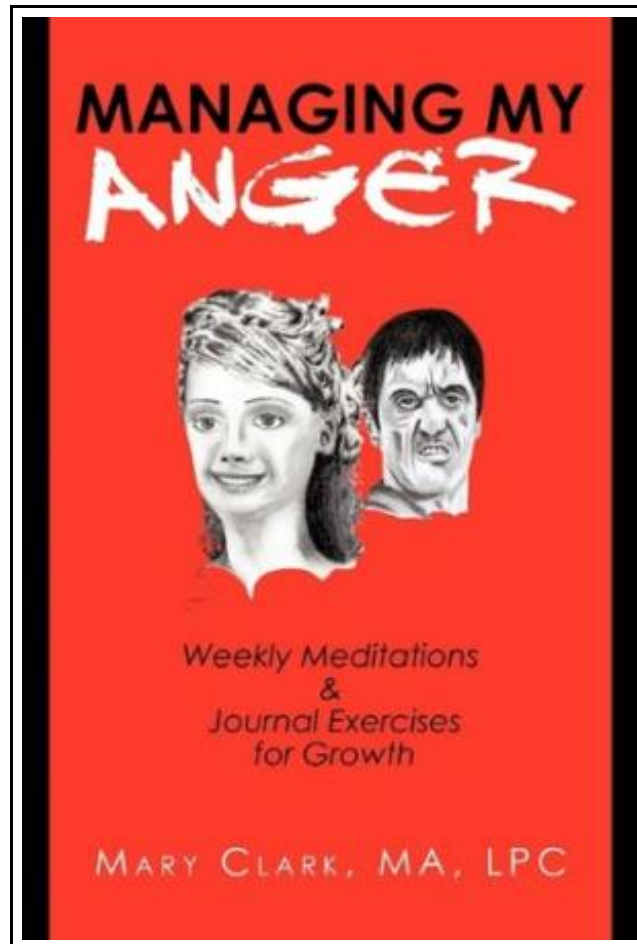


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MANAGING MY ANGER: WEEKLY MEDITATIONS JOURNAL EXERCISES FOR GROWTH



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