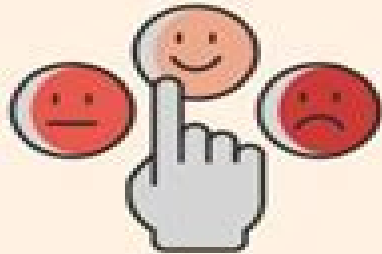


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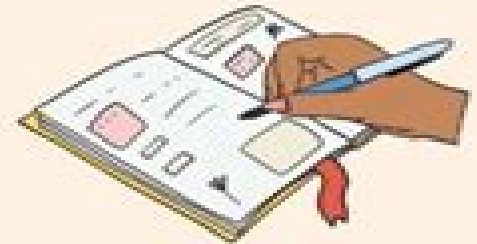
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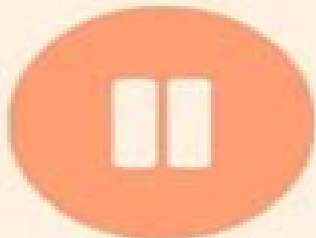
Meditation or mindfulness



Talking through emotions



Journalling



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# Emotional Control For Busy People

**WJ Hussar**



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