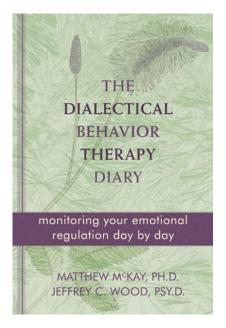
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by Matthew McKay: The Dialectical Behavior Therapy Diary: Monitoring Your Emotional Regulation Day by Day

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