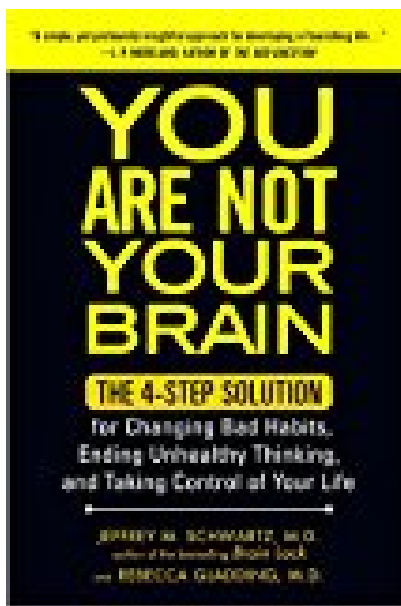


# You Are Not Your Brain The 4-Step Solution for Changing Bad Habits Ending Unhealthy Thinking and Taking Control of Your Life

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