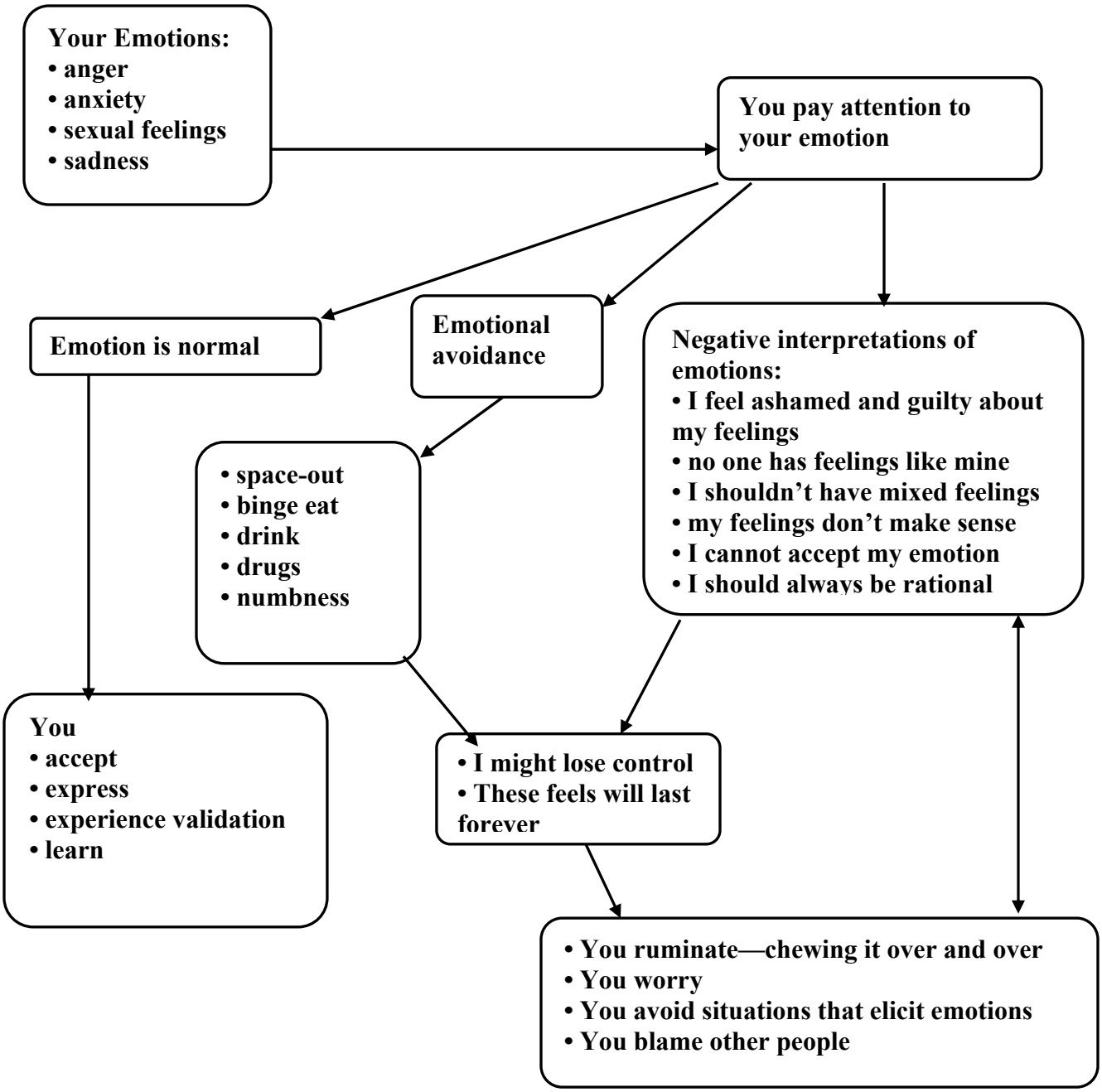How You Deal with Your Emotions by Robert L. Leahy