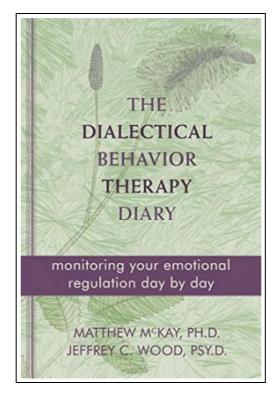
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THE DIALECTICAL BEHAVIOR THERAPY DIARY: MONITORING YOUR EMOTIONAL REGULATION DAY BY DAY



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