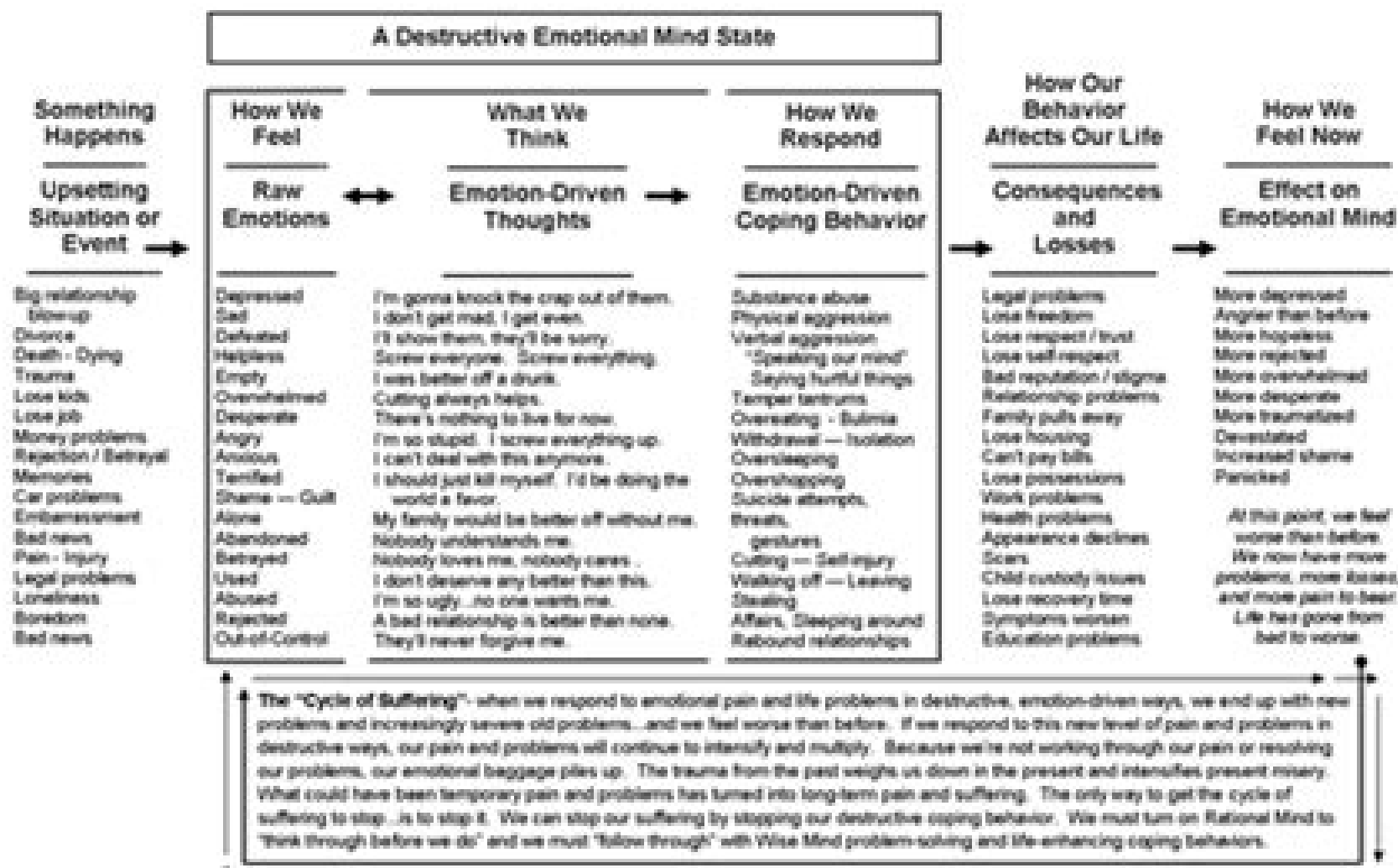


# The Dynamics of Emotional Mind and Its Role in Driving Destructive Coping Behavior

*"When Emotional Mind Drives, We Wreck Out...and Our Lives Become a Total Wreck"*



# Recovery Dynamics Workbook

**Joacim Rocklöv**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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