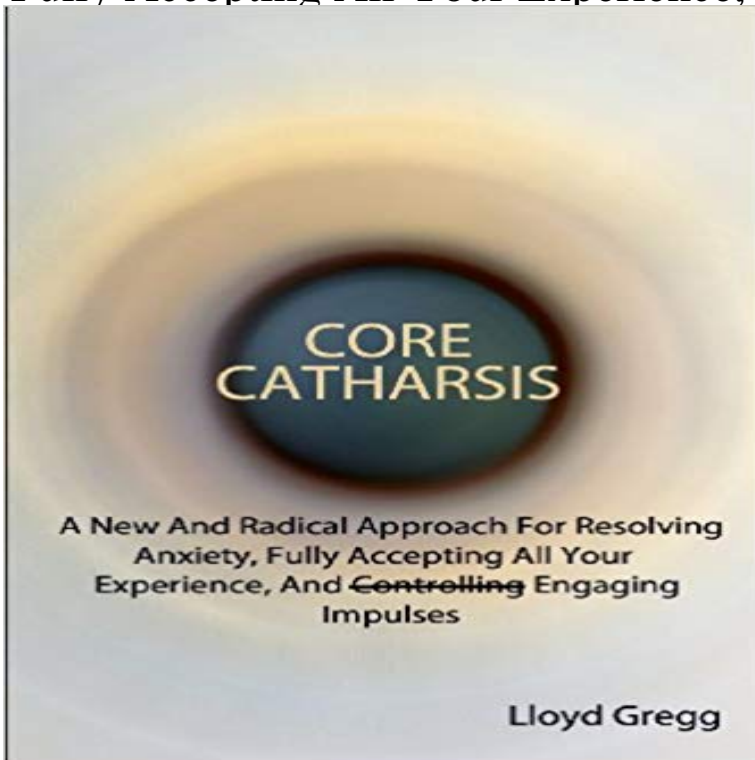


# Core Catharsis: A New And Radical Approach For Resolving Anxiety, Fully Accepting All Your Experience, And Engaging Impulses



This is the cover for the old and obsolete edition. The contents are exactly the same as Core Catharsis Using Personal Memes. The Look Inside feature is showing the old edition. Sorry for the confusion but this was the only way to truly retire the old edition. Amazon wont completely remove a retired book.

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