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**Cognitive And Dialectical Behavior Therapy Unleashed:  
How To Regulate Your Emotions, Control Your Mood  
And Change Your Behavior Through Mindfulness  
Awareness [Unabridged] [Audible Audio Edition] By  
James Ashley**

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What Is Dialectical Therapy? Dialectical Behavioral Therapy (or DBT) is a therapeutic approach that encompasses the principles of Cognitive-Behavioral Therapy while

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