

Patricia A. Carlisle

MOOD SWINGS



HOW TO **CONTROL** YOUR
MOOD SWINGS TO AVOID
EMOTIONAL ROLLERCOASTERS

Mood Swings How To Control Your Mood Swings To Avoid Emotional Rollercoasters

DP Hallahan



Mood Swings How To Control Your Mood Swings To Avoid Emotional Rollercoasters:

Mood Swings Patricia Carlisle, 2019-01-15 MOOD SWINGS How to control your mood swings and avoid emotional rollercoasters Today only get this Amazon book for just 2 99 Regularly priced at 4 99 Read on your PC Mac smart phone tablet or Kindle device You are about to discover how to avoid mood swings Have you ever skipped from great mood to terrible possibly three or four times notwithstanding though nothing in the real world has changed A great many individuals take medication to suppress their mood swings In 2011 drug companies sold 11 billion value of antidepressants antipsychotics to fight additionally weakening tribulations like bipolar issue and mental trips included 18 billion At that point there are millions more who experience the ill effects of the sort of mellow yet discomfiting moodiness that prompts terrible choices like offering and underestimated stock or squabbling with your life partner however doesn't justify a solution Like anything else mastering your moods takes practice Whatever routines you pick move rapidly before the unsettling begins to eat at itself Get a lucid view and understand the situation There are various alleged psychological twists that exacerbate things appear than they truly are and in this way trigger terrible moods Henceforth Greek logician Epictetus perception Individuals are not exasperated by things but rather by the perspective that they take of them In this book you will learn to see a different perspective on how you see things and avoid emotional rollercoasters Here Is A Preview Of What You'll Learn Mood Swings Basic Cause Of Mood Swings How To Control And Eliminate The Causes Of Mood Swings Tactics To Control Your Mood Swings Tips To Aid In Controlling Your Mood Swings Women And Mood Swings Perimenopause Mother of All PMS Reducing Stress And Mood Swings Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99

Mood Swings Patricia A. Carlisle, 2015-06-07 Have you ever skipped from great mood to terrible possibly three or four times notwithstanding though nothing in the real world has changed A great many individuals take medication to suppress their mood swings In 2011 drug companies sold 11 billion value of antidepressants antipsychotics to fight additionally weakening tribulations like bipolar issue and mental trips included 18 billion At that point there are millions more who experience the ill effects of the sort of mellow yet discomfiting moodiness that prompts terrible choices like offering and underestimated stock or squabbling with your life partner however doesn't justify a solution Like anything else mastering your moods takes practice Whatever routines you pick move rapidly before the unsettling begins to eat at itself Get a lucid view and understand the situation There are various alleged psychological twists that exacerbate things appear than they truly are and in this way trigger terrible moods Henceforth Greek logician Epictetus perception Individuals are not exasperated by things but rather by the perspective that they take of them In this book you will learn to see a different perspective on how you see things and avoid emotional rollercoasters

Overcoming Mood Swings Jan Scott, 2010-01-28 This is an excellent self help book It is clear user friendly encouraging and non condescending I would recommend my patients to read this book British Journal of Clinical Psychology Most people know what it is like to

experience high or low spirits For some individuals however emotional extremes can seriously disrupt their lives either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania This book is a self help manual for those who have experienced mood swings and gives background information on depression and mania The author uses tried and tested practical techniques that will help people identify and manage their mood more effectively and achieve a more stable emotional state Contains a complete self help programme and monitoring sheets Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme

DBT for Psychosis Made Simple :Simple Personalized DBT Strategies for Living Beyond Psychosis Rosa Annie Wilkes,2024 Welcome If you re picking up this book you might be looking for ways to understand and live better with psychosis or perhaps you re helping someone who is This isn t just another self help book It s a guide designed specifically for you whether you re navigating your own experiences with psychosis caring for a loved one a mental health professional seeking to expand your toolkit or an educator aiming to support your students more effectively Psychosis can feel like a journey through uncharted territory Traditional approaches to managing it often take a one size fits all approach which might not resonate with everyone s unique experiences That s where this book and Dialectical Behavior Therapy DBT comes in DBT a therapy originally developed to treat borderline personality disorder has shown promising results for a wide range of other conditions including psychosis Its core principles mindfulness distress tolerance emotion regulation and interpersonal effectiveness offer powerful tools for managing the intense emotions and challenges that come with psychosis But here s where we take a unique turn we tailor these strategies to fit your personal story

Narcissism, Borderline, & Bipolar Callie Parker,2024-11-29 Is your ex s behavior a mystery Do your own intense emotions leave you feeling overwhelmed and misunderstood This bundle offers a lifeline of understanding and support whether you re navigating the complexities of these disorders yourself or trying to build healthier relationships with those who do In this insightful and empowering collection you ll Unmask the Dramatic Trifecta Decode the patterns of narcissism borderline personality disorder and bipolar disorder and learn to recognize the signs in yourself or a loved one Gain Clarity and Compassion Understand the underlying causes triggers and challenges of these conditions and find practical strategies for managing symptoms and building resilience Navigate Relationships with Confidence Learn effective communication techniques boundary setting skills and self care strategies to cultivate healthier and more fulfilling connections Break the Cycle Reclaim Your Power Discover how to break free from toxic patterns embrace your strengths and create a life filled with authenticity joy and purpose Find Humor in the Chaos Enjoy Callie Parker s signature blend of wit and wisdom as she tackles these complex topics with relatable anecdotes and a touch of levity Gain Deeper Insights Hear directly from individuals living with these disorders and those who have been in relationships with them through exclusive interviews that provide unique

perspectives and firsthand experiences This bundle includes Understanding Narcissism Uncovers the various faces of narcissism from grandiose to vulnerable and their unique challenges Provides strategies for developing self awareness emotional intelligence and healthier relationships Helps break free from the cycle of external validation and build a life of authenticity and fulfillment Understanding Borderline Personality Disorder Explains the nine diagnostic criteria for BPD and explores its different subtypes Offers practical DBT skills for managing intense emotions reducing impulsivity and improving relationships Provides tips for navigating the complexities of BPD relationships and finding healthier coping mechanisms Understanding Bipolar Disorder Differentiates between Bipolar I and Bipolar II and explains their unique challenges Offers proven strategies for managing manic and depressive episodes and preventing mood swings Provides insights into the latest research treatments and medications for bipolar disorder Is It Narcissism Borderline or Bipolar Uses a playful and relatable approach to decode the differences between these often confused disorders Helps identify red flags and understand the communication styles of each disorder Offers practical advice for setting boundaries practicing self care and navigating relationships with individuals who have these conditions I m not sure which of these disorders applies to me or my loved one but I m definitely seeing some concerning patterns That s precisely why this bundle is so valuable It not only provides in depth explanations of NPD BPD and bipolar disorder but also includes a playful guide to help you differentiate between them You ll gain clarity on the specific challenges you re facing and discover tailored strategies for navigating them Whether you re seeking knowledge healing or simply a deeper understanding of these complex conditions this bundle is your essential companion on the journey to emotional well being and healthier relationships

Outsmart Your Toxic Boss Sam Choo, Is your boss driving you to the brink with their over control endless blame shifting or constant drama If so you re not alone In *Outsmart Your Toxic Boss* you ll discover practical strategies for identifying fixing and managing the 22 most common types of toxic leaders from The Micromanager to The Blame Shifter and everyone in between Packed with real world examples proven tactics and a bold witty tone this guide will teach you how to navigate even the most challenging bosses without losing your sanity or your job Learn how to turn passive aggressive jabs into direct conversations protect yourself from unjust blame and reclaim your time from endless micromanagement This book isn t about changing toxic bosses it s about empowering yourself to thrive in spite of them Whether you re just trying to survive in a tough workplace or you re ready to take back control of your career *Outsmart Your Toxic Boss* offers the tools you need to rise above and succeed with confidence Stop struggling Start outsmarting

[Relationship Anxiety Mastery \(2 In 1\): How to Stop Overthinking, Love Your Avoidant Partner, and Create Secure Attachment in 12 Weeks](#) Rebecca Ashworth, 2025-07-10 If you ve always wanted a secure fulfilling relationship but struggle with anxiety and overthinking then keep reading Are you sick and tired of sabotaging your relationships with constant worry and insecurity Have you tried endless self help books and therapy sessions but nothing seems to work for more than a few weeks Do you finally want to say goodbye to sleepless nights and discover

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What Nobody Tells You About the Third Trimester , The Role of the Birth Partner A Complete Guide Welcoming a new life into the world is a momentous occasion and having a knowledgeable and supportive birth partner by your side can make all the difference In The Role of the Birth Partner A Complete Guide we provide comprehensive insights practical advice and essential tools for birth partners to be invaluable sources of comfort and strength during the childbirth journey Description Being a birth partner is a significant responsibility and this book is designed to equip you with the knowledge and skills to fulfill this role with confidence and compassion Whether you re the partner of an expectant mother a family member or a friend offering your support this guide will help you understand your role and contribute to a positive birthing experience Understanding the Birth Partner s Role Delve into the vital role of a birth partner Gain an understanding of the emotional and physical support required during labor and birth Preparing for the Birth Learn how to prepare yourself for the childbirth experience Discover the importance of education communication and creating a birth plan that aligns with the expectant mother s wishes Support Techniques Explore a wide range of support techniques to aid in pain management and comfort during labor From massage and acupressure to breathing exercises and relaxation techniques you ll have a toolkit of strategies to offer relief Navigating Medical Interventions Understand common medical interventions that may arise during labor and birth Learn how to provide emotional support and be an advocate for informed decision making Being the Communicator Effective communication is essential during childbirth Discover how to convey the expectant mother s preferences and concerns to the healthcare team ensuring her wishes are respected Emotional Support Explore the emotional journey of childbirth and how to provide unwavering emotional support Learn how to offer encouragement reassurance and a calm presence Creating a Supportive Environment The birth environment plays a crucial role in the birthing experience Understand how to create a calming and reassuring atmosphere that promotes relaxation and focus Handling Unexpected Situations Childbirth can be unpredictable Learn how to adapt and provide

support in unexpected situations or complications Post Birth Support The birth partner's role extends beyond labor and delivery Discover how to offer support in the postpartum period including assistance with breastfeeding bonding and recovery Resources and Further Reading Find additional resources books and organizations that can provide valuable information and support for both birth partners and expectant parents By embracing your role as a birth partner and employing the insights and techniques in this guide you will play an essential part in helping the expectant mother have a positive and empowering birth experience The Role of the Birth Partner A Complete Guide is your companion for becoming a supportive and knowledgeable presence during this transformative journey Whether it's your first time in this role or you're seeking to enhance your support skills this guide will empower you to contribute to the beautiful story of childbirth Table of Contents Introduction What Nobody Tells You About the Third Trimester PHYSICAL CHANGES EMOTIONAL ROLLERCOASTER HORMONAL SHIFTS ANXIETY AND NESTING WEIGHT GAIN FLUID RETENTION HEALTHY EATING COMMON DISCOMFORTS BRAXTON HICKS CONTRACTIONS SWELLING PREPARING FOR LABOR BIRTH PLAN PACKING THE HOSPITAL BAG CHANGES IN BABY'S MOVEMENT KICK COUNTS DECREASED SPACE PREPARING THE NURSERY CHOOSING A CRIB ORGANIZING BABY ESSENTIALS PREPARATION FOR BREASTFEEDING ATTEND A BREASTFEEDING CLASS PURCHASING NURSING SUPPLIES

Victorious over the Bipolar Blues Pasquale De Marco, 2025-05-10 *Victorious over the Bipolar Blues* is a beacon of hope for anyone navigating the challenges of bipolar disorder Written by Pasquale De Marco who has triumphed over the darkness of this condition this book offers a raw and deeply personal account of her journey toward healing and wholeness With candor and compassion Pasquale De Marco shares her experiences of living with bipolar disorder from the depths of despair to the heights of mania She explores the complexities of this condition its impact on her relationships career and overall well being and the strategies she has found to manage its symptoms and live a fulfilling life More than just a memoir this book is a practical guide for anyone seeking to overcome the challenges of bipolar disorder Pasquale De Marco provides evidence based strategies for coping with mood swings managing anxiety and depression and building a support system that can provide unwavering encouragement Through her own story and the insights she has gained Pasquale De Marco empowers readers to Understand the symptoms and causes of bipolar disorder Develop effective coping mechanisms for managing mood swings Build resilience and emotional stability Navigate relationships and social interactions with confidence Find hope and purpose amidst the challenges of mental illness Written with warmth empathy and a profound understanding of the human spirit *Victorious over the Bipolar Blues* is an essential resource for anyone affected by bipolar disorder their loved ones and healthcare professionals seeking to provide compassionate and effective care If you like this book write a review on google books

Happily Ever After (Give or Take a Mood Swing) Fran Preston, Long term love is a beautiful thing It's also a thing that can involve slightly questionable levels of emotional intensity the occasional dramatic sigh and the kind of mood swings that leave you wondering if you're starring

in your own rom com or a soap opera In *Happily Ever After Give or Take a Mood Swing* Fran Preston takes a refreshingly candid look at the ups and downs of staying in love when the happily ever after is more like happily when we've both calmed down after that argument about who left the cap off the toothpaste Through a series of witty relatable and occasionally wild anecdotes Fran uncovers the real life moments when the fairy tale feels more like a sitcom but with enough heart to keep it all together From navigating the tricky waters of emotional baggage yours theirs and everyone else's to realising that love is sometimes just agreeing to ignore each other's slightly irritating quirks this book is a celebration of the messy wonderful and unpredictable nature of love that lasts Because happily ever after isn't perfect it's just two people trying to figure it out with a few mood swings along the way

Fifty Signs of Mental Illness James Whitney Hicks, 2006-01-01 A user friendly alphabetical guide to psychiatric symptoms and what readers should know about them this compelling book introduces a wide range of psychiatric symptoms and their treatments

Adolescence Considered Pasquale De Marco, 2025-07-11 Adolescence is a transformative period marked by physical emotional and social changes It can be a time of both excitement and uncertainty as young people navigate a rollercoaster of emotions develop a stronger sense of self and forge new relationships This comprehensive guide provides essential support and guidance for adolescents as they journey through this transformative period Covering a wide range of topics relevant to young people including emotional well being body image social dynamics family relationships personal identity education and career health and well being relationships and love technology and social media and planning for the future this book offers practical strategies evidence based information and insights to help adolescents thrive Each chapter delves into specific challenges and opportunities that young people face providing practical advice and guidance on how to navigate these experiences Whether struggling with emotional ups and downs trying to navigate peer pressure or simply seeking guidance as they transition to adulthood this book is a valuable resource for adolescents Drawing upon the latest research and best practices in adolescent development this book empowers adolescents with the knowledge skills and resilience they need to make informed decisions build healthy relationships and achieve their full potential It is an essential tool for adolescents parents educators and anyone who supports young people as they journey through adolescence and into adulthood

Key Features Covers a wide range of topics relevant to adolescents providing comprehensive support and guidance Offers practical strategies evidence based information and insights to help adolescents thrive Draws upon the latest research and best practices in adolescent development Empower adolescents with the knowledge skills and resilience they need to succeed An essential resource for adolescents parents educators and anyone who supports young people If you like this book write a review

[The Menopause Odyssey: From Hot Flashes to Hormonal Harmony](#) Valerie Anderson, 2024-06-27 Are you a woman over 40 who's going through menopause with difficulty Would you like to gain a deeper understanding and knowledge of this inevitable phase so you can manage the host of symptoms that it brings and minimize their impact on the quality of your life Do you often feel alone as you grapple with menopause longing

for empathetic support Menopause can be an overwhelming and isolating experience for many women The Menopause Odyssey will serve as your trusted companion offering support and helpful advice that will allow you to embrace this stage with confidence and grace With her expertise and sympathetic ear author Valorie Anderson provides holistic solutions modern insights and innovative tools to help you cope with menopause ultimately enhancing your overall well being She shares relatable real life stories of women who have found solace in her guidance and thrived through this challenging chapter of their lives Inside this extensively researched and powerful book you ll discover comprehensive information on menopause its different stages potential symptoms and the effects of hormonal changes the benefits of hormone replacement therapy to achieve hormonal harmony simple natural remedies such as herbal teas and relaxation techniques to ease menopausal symptoms reduce stress and boost mental well being effective diets weight management techniques and physical movements to nourish your body and soul strategies to promote positive aging and proactive health habits to help you age with elegance and maintain vitality how to cultivate emotional resilience foster connections and intimacy and embrace your support system You need not go through your menopause journey on your own Let The Menopause Odyssey and the inspiring tales of similarly situated women accompany you during this pivotal time in your life with greater comfort and ease Take charge of your menopause journey with a renewed sense of vitality dignity and empowerment Get your copy of The Menopause Odyssey now

[Understanding Bipolar Disorder](#) Callie Parker, 2024-11-25 Empower yourself with the knowledge and strategies to thrive with bipolar disorder Ever feel like your mood swings are a roller coaster you can t get off Struggling to maintain relationships jobs or even daily routines because of unpredictable emotional shifts Desperate to find a way to live a balanced life despite the challenges of bipolar disorder If so Understanding Bipolar Disorder by Callie Parker is the guide you ve been waiting for With clear explanations compassionate advice and actionable strategies this book will help you make sense of your condition and equip you with tools to manage it effectively Imagine a life where you have control over your symptoms where you can navigate your emotions with confidence and where you feel empowered rather than overwhelmed In Understanding Bipolar Disorder you will discover The fundamental differences between Bipolar I and Bipolar II Proven strategies for managing manic and depressive episodes The latest research on the causes and treatments of bipolar disorder How to recognize early warning signs and prevent mood episodes before they escalate Practical tips for balancing medication therapy and lifestyle changes The role of family friends and support networks in your treatment plan How to cope with the stigma associated with bipolar disorder Techniques for improving your daily functioning and overall quality of life The impact of diet exercise and sleep on mood stability Ways to manage stress and avoid common triggers Strategies for building a strong supportive care team Insights into the latest medications and their side effects How to develop a personalized treatment plan that works for you Inspirational stories of others who have successfully managed their bipolar disorder Tools for tracking your progress and making adjustments as needed And so much more Even if you ve tried

other approaches without success this book offers fresh perspectives and practical advice that can make a real difference Whether you re newly diagnosed or have been living with bipolar disorder for years the insights and tools provided will help you take control of your life If you want to understand and control your bipolar disorder then this book is your guide Grab your copy now *The Ultimate Girls' Guide to Understanding and Caring for Your Body* Isabel Lluch,Emily Lluch,2009 Adolescence can be a tricky time From periods and puberty to health and hygiene to fashion and beauty every preteen girl has questions she d like answered The problem is many girls feel embarrassed or aren t sure who to ask This book was written by two teenage sisters Isabel Lluch age 16 and Emily Lluch age 13 They know firsthand the issues that most girls experience during puberty In addition this book offers valuable information from noted health care nutrition fitness dental psychology and beauty experts The Ultimate Girls Guide offers insight and advice on every important topic in a preteen girl s life including sections on makeup acne body hygiene bras periods healthy eating sports and fitness and even stress depression and eating disorders Girls will appreciate the expert advice offered in a straightforward easy to understand manner and will happily identify with the young authors and their peers Additionally each chapter is filled with tips and fun facts that can be used on a daily basis Isabel and Emily answer questions about puberty and changes from 9 girls of different backgrounds and ethnicities More than 120 pages of beautiful color illustrations make this book the perfect gift for preteen girls and their parents as well as a great resource for schools nurses sex education program health classes and more *The Wiley Trading Guide* Wiley,2011-04-06 Australia s 1 business publisher is proud to publish The Wiley Trading Guide including writing from some of the best trading authors and professionals operating in Australia and the US With new material from some of Wiley s best selling trading authors including Louise Bedford Daryl Guppy Chris Tate Stuart McPhee and more this guide is the must have book for traders looking to capitalise on the market recovery in 2010 Hot topics covered include Forex futures charting CFDs computerised trading trading plans and trading psychology *Middle School Chronicles* Pasquale De Marco,2025-05-04 Middle School Chronicles is a collection of essays written by middle schoolers themselves offering a unique and insightful look at the challenges and joys of this transformative time The essays cover a wide range of topics from the pressure to conform to the importance of self care from the challenges of dealing with academic stress to the excitement of discovering new interests and hobbies Through their personal stories and experiences the authors of these essays provide a valuable resource for other middle schoolers who may be facing similar challenges They offer advice on how to deal with peer pressure how to manage stress and how to build self confidence They also share their own stories of resilience and perseverance showing that it is possible to overcome challenges and achieve success in middle school and beyond This book is a must read for any middle schooler who is looking for support guidance and inspiration It is also a valuable resource for parents and educators who want to better understand the challenges and joys of middle school life The essays in this book are honest insightful and empowering They offer a unique and valuable perspective on the middle school experience and they

are sure to resonate with anyone who has ever been a middle schooler This book is a celebration of the middle school experience It is a reminder that middle school is a time of growth change and learning It is a time to explore new interests make new friends and discover who you are It is also a time to learn from your mistakes overcome challenges and build resilience Middle school is not always easy but it is a time of great potential This book is a reminder that you are not alone and that there are people who care about you and want to help you succeed If you like this book write a review on google books

Mental Health SELF CHECK Kevin DiBacco,2025-08-25 A comprehensive guide to understanding and maintaining mental health written by Kevin B DiBacco The book covers the fundamentals of mental wellness warning signs of mental health issues strategies for building resilience the importance of relationships and when to seek professional help It emphasizes that mental health is not just the absence of illness but a state of overall wellbeing that requires ongoing attention and care

Menopause For Dummies Marcia L. Jones,Theresa Eichenwald,Nancy W. Hall,2011-04-18 A comprehensive and practical guide for women of all ages to gain a clear view of the physical mental and emotional changes related to menopause Although menopause is a natural and inevitable stage in every woman s life its physical mental and emotional manifestations can vary greatly from one person to the next Add the conflicting expert information about the benefits risks and side effects to which women are exposed on a daily basis and it s easy to see many women find it difficult to make informed choices about how to deal with their menopausal symptoms Authored by a team of acknowledged experts in treating menopausal symptoms Menopause For Dummies provides you with all the information you need to stay in control every step of the way In plain English it explains the role menopause plays in a variety of common health problems such as osteoporosis stroke and heart disease It walks you through proven measures for minimizing your risk of developing complications including diet and exercise stress management hormone replacement and other techniques And this no nonsense guide gives you authoritative up to the minute coverage of How to identify pre menopause perimenopause and what it means The stages of menopause How menopause can affect your body emotions and libido The latest facts about hormone replacement therapy The pros and cons of various alternative treatments The best ways of handling hot flashes Easing symptoms with diet and exercise Preventing bone loss Helpful lifestyle changes This book has four top ten lists to provide even more ways of navigating the changes you ll experience throughout menopause exposing common myths about menopause giving you the scoop on medical tests you might need kicking around ideas to kick start or rejuvenate your exercise routine and tempting you with fabulous healthy foods because eating healthy doesn t have to be boring Additionally the book has a glossary and a list of resources to find more information about menopause hormones and related conditions With Menopause For Dummies in your corner you ll have a kinder gentler change of life

STUMBLING UPON THE SPIRITUAL PATH C. Lorraine LeBlanc,2006-08-23 This book is for both the experienced and novices to The Path to enlightenment It covers a wide range of experiences and problems that many share It includes relevant exercises and

practices for most of the topics as well as actual experiences of the writer and her students Some preview readers comments
It s everything I wanted and needed to know about spirituality but didn t know what to ask and This is better than an
encyclopedia of spirituality and This book has explained things in a way that I really understand and I thought I knew a lot
about this stuff but WOW and I wish I had this book when I first started my Spiritual Search Thanks for filling in the blanks

Unveiling the Magic of Words: A Overview of "**Mood Swings How To Control Your Mood Swings To Avoid Emotional Rollercoasters**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Mood Swings How To Control Your Mood Swings To Avoid Emotional Rollercoasters**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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Mood Swings How To Control Your Mood Swings To Avoid Emotional Rollercoasters Introduction

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