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psychological

disorders, an

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reflected in the

myriad titles

now available.

Regardless of

the disorder,

all these

applications are

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AND BEYOND • You
begin to feel
dysphoric. • You
feel inclined to
behave in a
dysfunctional
way (or to avoid
behaving in an
adaptive way). •
You notice
distressing
changes in your

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body or mind.
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automatic
thoughts, you
can, and
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