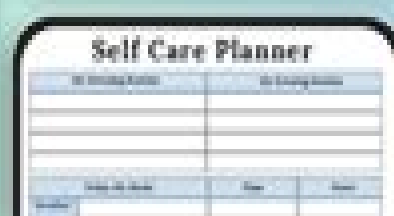
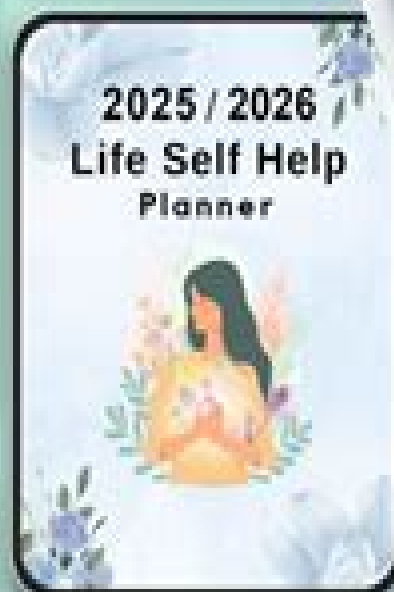
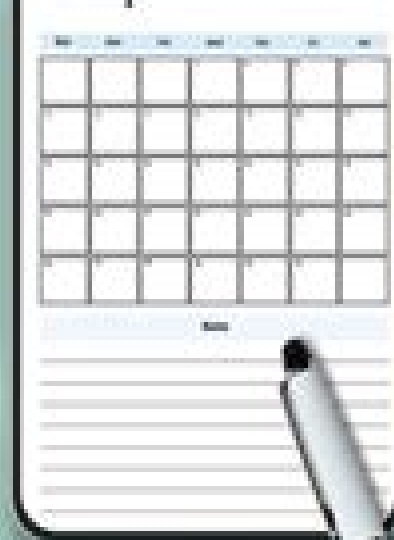


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Mindset Shifts Lila Santoro, AI, 2025-03-12 Mindset Shifts explores how cognitive reframing self perception and embracing a growth mindset are key to overcoming addiction It argues that addiction

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