

ESG Book Number, Title and Other Details

24-0639 - Managing Intense Emotions and Overcoming Self-Destructive Habits: A Self-Help Manual ([Book Seller1 Link](#)) ([Book Seller2 Link](#))

Book Category: *Broader Interest*; **ESG Topic:** *Safety, Health and Well-being*; **Ranking Category:** *Best of Best*; **ESG Content Level Category:** *Intermediate Level*

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