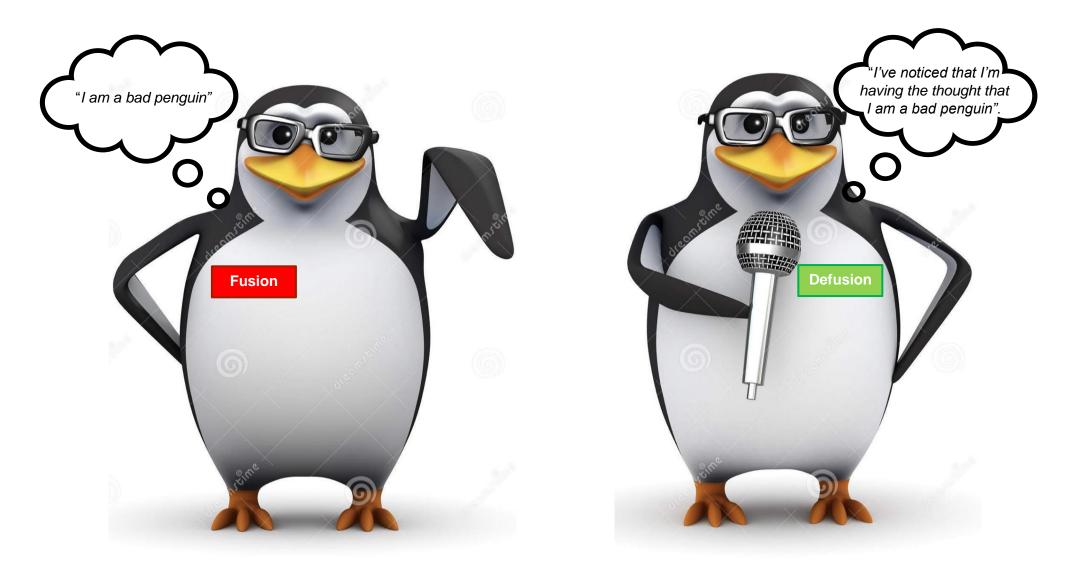


Cognitive Defusion

Life is hard enough when you are a penguin, without getting caught up in your own negative thoughts about being a bad penguin.



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