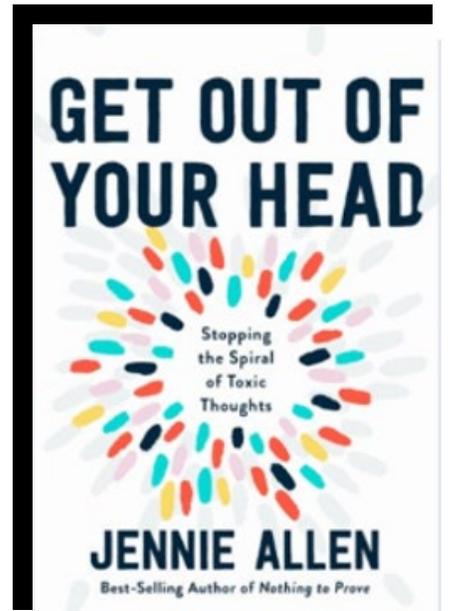


*Our emotions are a by product of the way we think.*

~Jennie Allen



Chapter 1: Thinking About Thinking

