

PSYCHOLOGY TODAY

THE MAGAZINE OF PERSONAL EXCELLENCE

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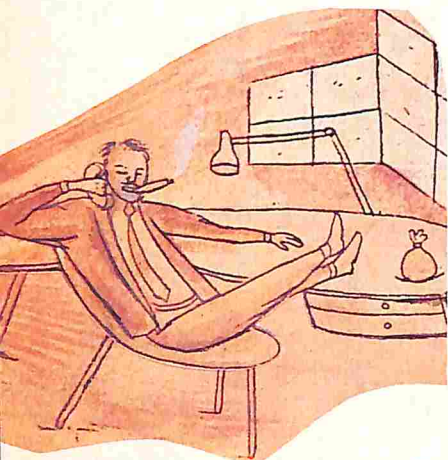
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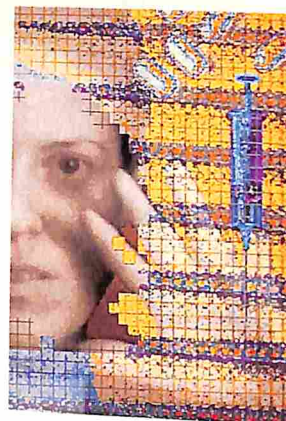
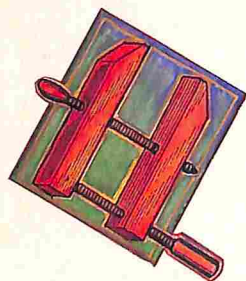
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PSYCHOLOGY TODAY

ENVY

Will it

turn you

upside-down

in the '90s?

TO CONTROL
YOUR MOODS,
LISTEN TO
YOURSELF

WHICH
PRESCHOOL
IS BEST?

THE MEANING
OF MEALS:

you are
the way
you eat



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