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Alex Kelly is a speech and language therapist with 28 years' experience of working with people who have difficulties with their social skills, self-esteem or friendships.

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Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including The Relaxation and Stress Reduction Workbook, Self-Esteem, Thoughts and Feelings, When Anger Hurts, and ACT on Life Not on Anger.

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