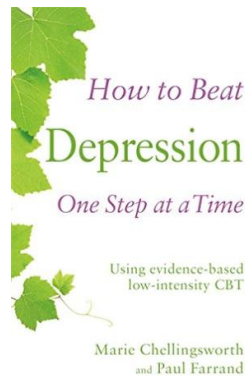


## How to Beat Depression One Step at a Time: Using evidence-based low-intensity CBT



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**(Murphy Price)**

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