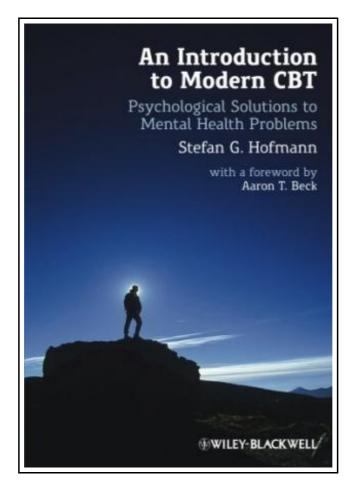
# An Introduction to Modern CBT: Psychological Solutions to Mental Health Problems



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#### Reviews

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(Prof. Alvis Wuckert)

## AN INTRODUCTION TO MODERN CBT: PSYCHOLOGICAL SOLUTIONS TO MENTAL HEALTH PROBLEMS



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