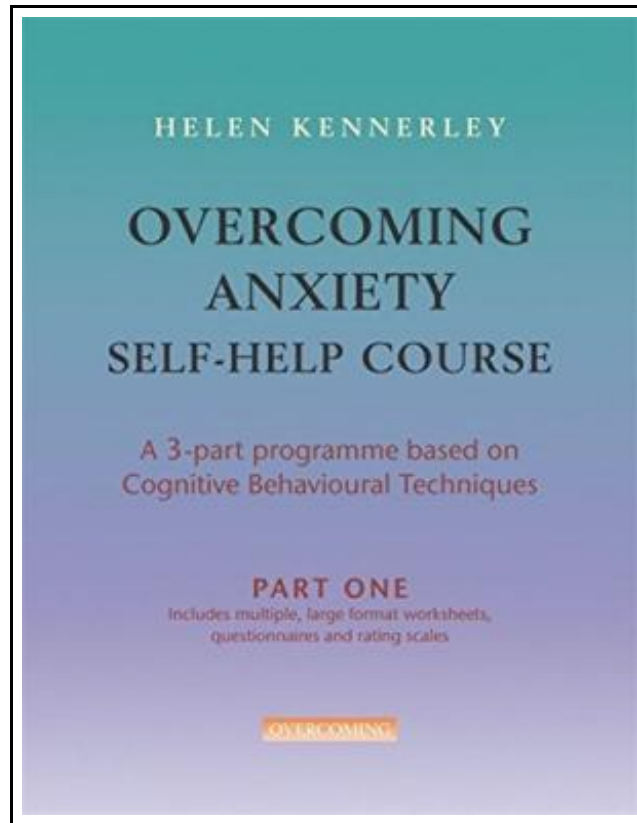


# Overcoming Anxiety Self-help Course: A Self-help Practical Manual Using Cognitive Behavioral Techniques



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## OVERCOMING ANXIETY SELF-HELP COURSE: A SELF-HELP PRACTICAL MANUAL USING COGNITIVE BEHAVIORAL TECHNIQUES



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