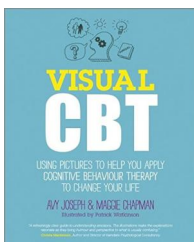


## Visual CBT: Using Pictures to Help You Apply Cognitive Behaviour Therapy to Change Your Life



### Book Review

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(Pete Bosco)

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