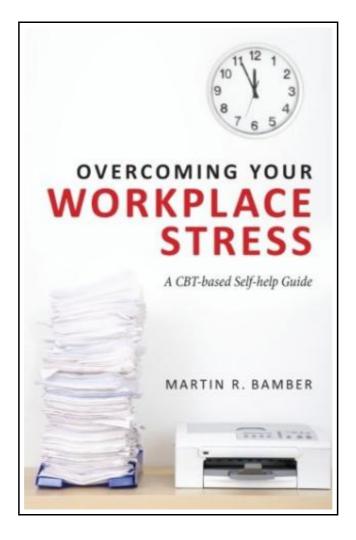
## Overcoming Your Workplace Stress: A CBT-based Selfhelp Guide



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