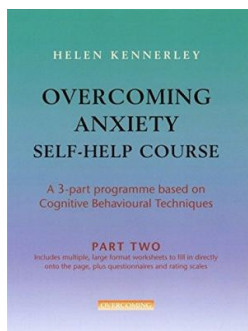


## Overcoming Anxiety Self-help Course: A 3-part Programme Based on Cognitive Behavioural Techniques: Part 2



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