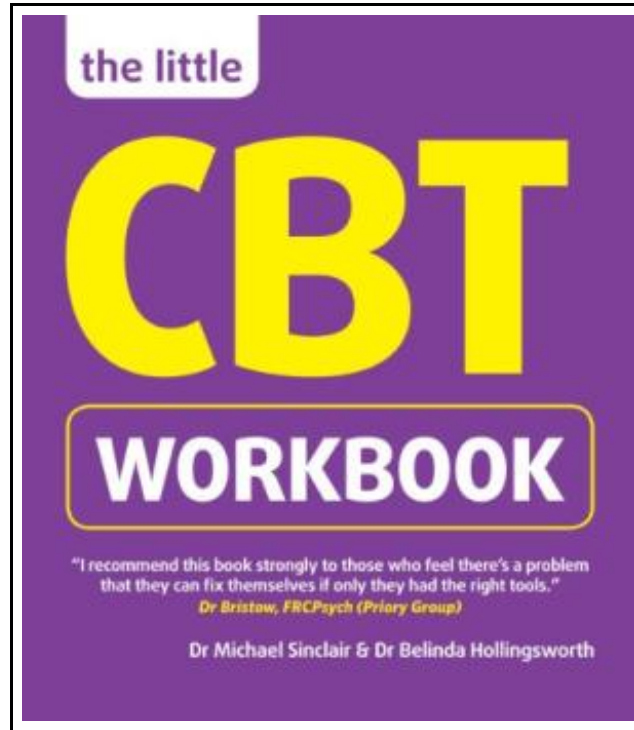


## The Little CBT Workbook



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### ***Reviews***

*Absolutely essential go through publication. Yes, it really is engage in, nevertheless an amazing and interesting literature. Its been developed in an exceptionally straightforward way and it is simply following i finished reading this publication through which actually changed me, change the way i really believe.*

***(Vergie Hyatt)***

## THE LITTLE CBT WORKBOOK



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