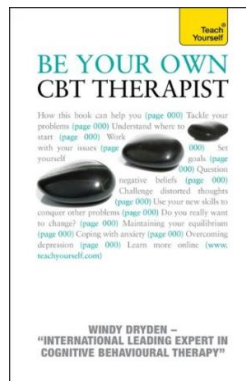


## Be Your Own CBT Therapist: A Teach Yourself Guide (Teach Yourself: General Reference)



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