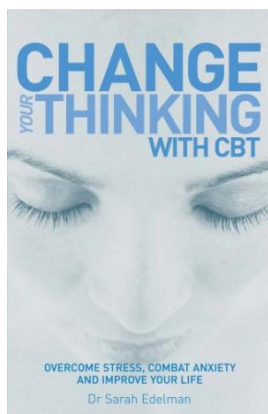


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# CHANGE YOUR THINKING WITH CBT: OVERCOME STRESS, COMBAT ANXIETY AND IMPROVE YOUR LIFE



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