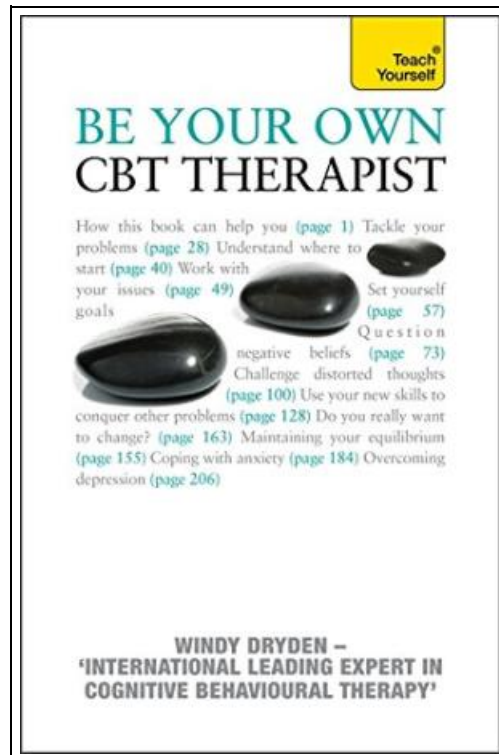


## Be Your Own CBT Therapist: Teach Yourself



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