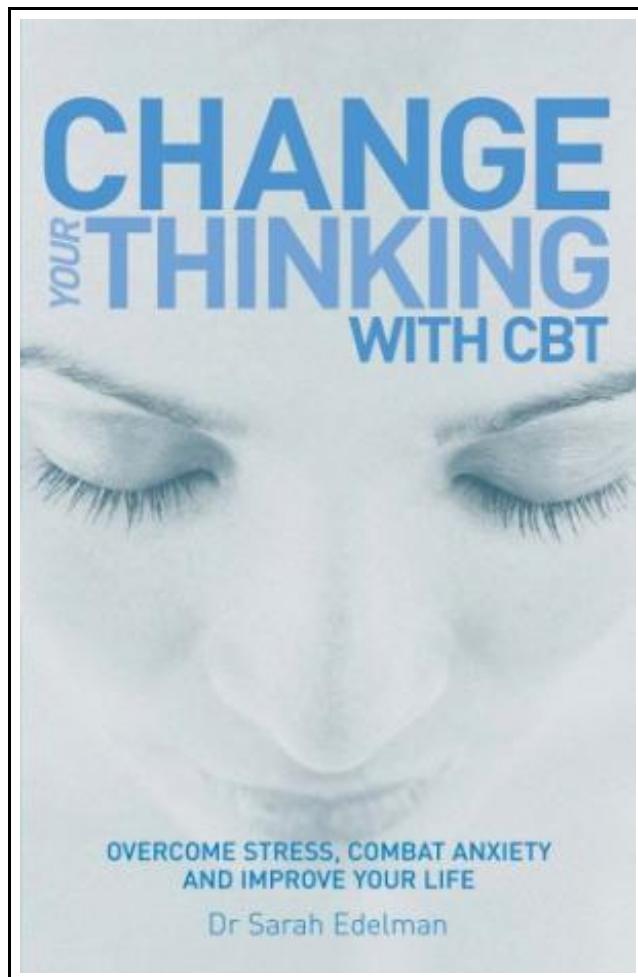


## Change Your Thinking with CBT: Overcome Stress, Combat Anxiety and Improve Your Life



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