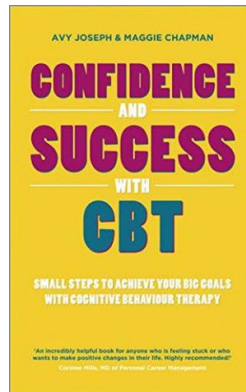


Confidence and Success with CBT: Small Steps to Achieve Your Big Goals with Cognitive Behaviour Therapy



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