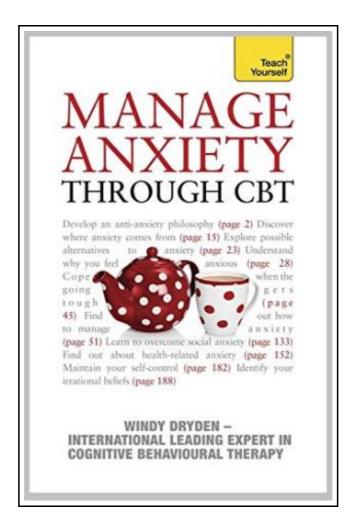
# Manage Anxiety Through CBT: Teach Yourself



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# Reviews

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(Mrs. Felicia Windler)

## MANAGE ANXIETY THROUGH CBT: TEACH YOURSELF



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