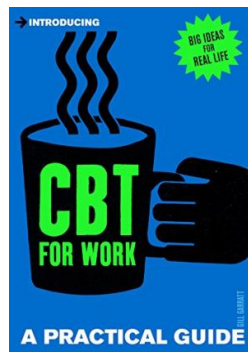


## Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide



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