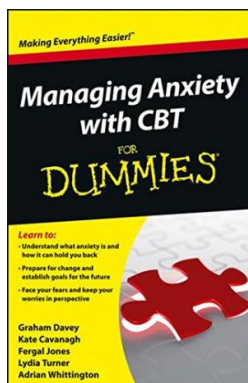


## Managing Anxiety with CBT For Dummies



### Book Review

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(Meredith Hoppe)

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