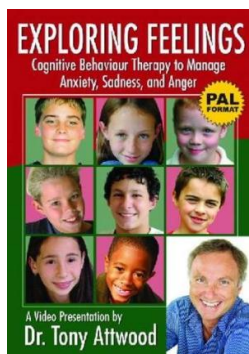


## Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety, Sadness, and Anger



### Book Review

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