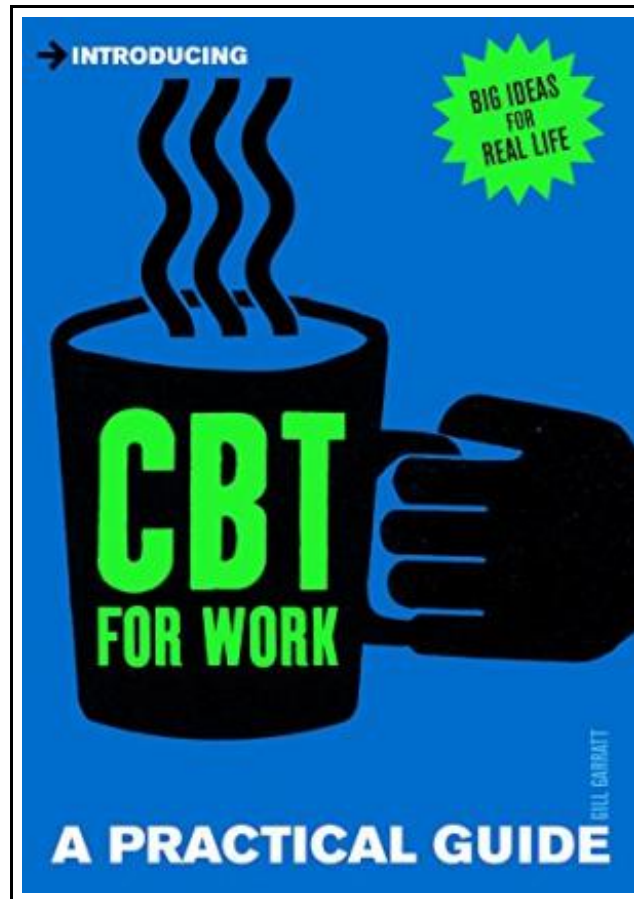


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INTRODUCING COGNITIVE BEHAVIOURAL THERAPY (CBT) FOR WORK: A PRACTICAL GUIDE



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