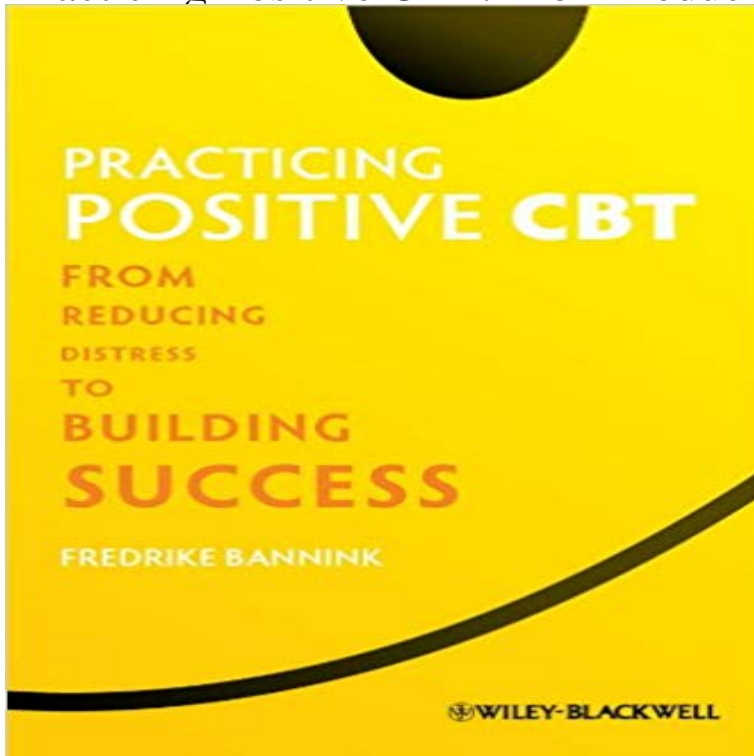


# Practicing Positive CBT: From Reducing Distress to Building Success



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