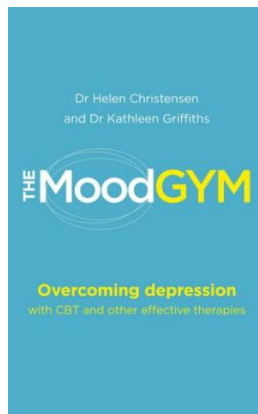


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# THE MOOD GYM: OVERCOMING DEPRESSION WITH CBT AND OTHER EFFECTIVE THERAPIES



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