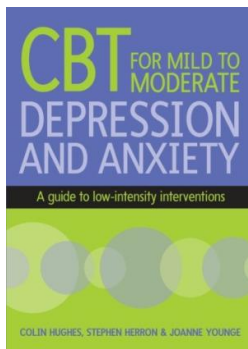


## CBT for Mild to Moderate Depression and Anxiety: A Guide to Low-Intensity Interventions



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