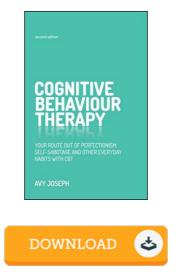
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# Cognitive Behaviour Therapy: Your Route Out of Perfectionism, Self-Sabotage and Other Everyday Habits with CBT (2nd Revised edition)



# **Book Review**

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(Dr. Kayley Kovacek PhD)

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