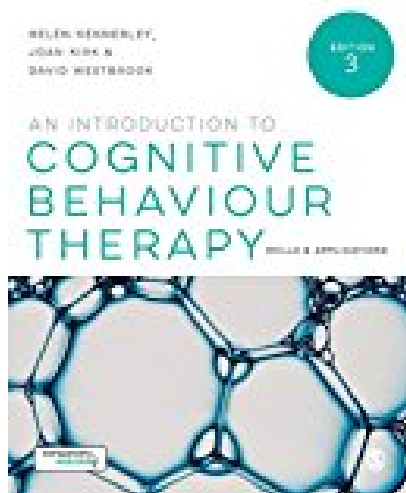


An Introduction to Cognitive Behaviour Therapy Skills and Applications



BOOK DETAILS

- Author : Helen Kennerley
- Pages : 512 Pages
- Publisher : SAGE Publications Ltd
- Language : English
- ISBN : 1473962587

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