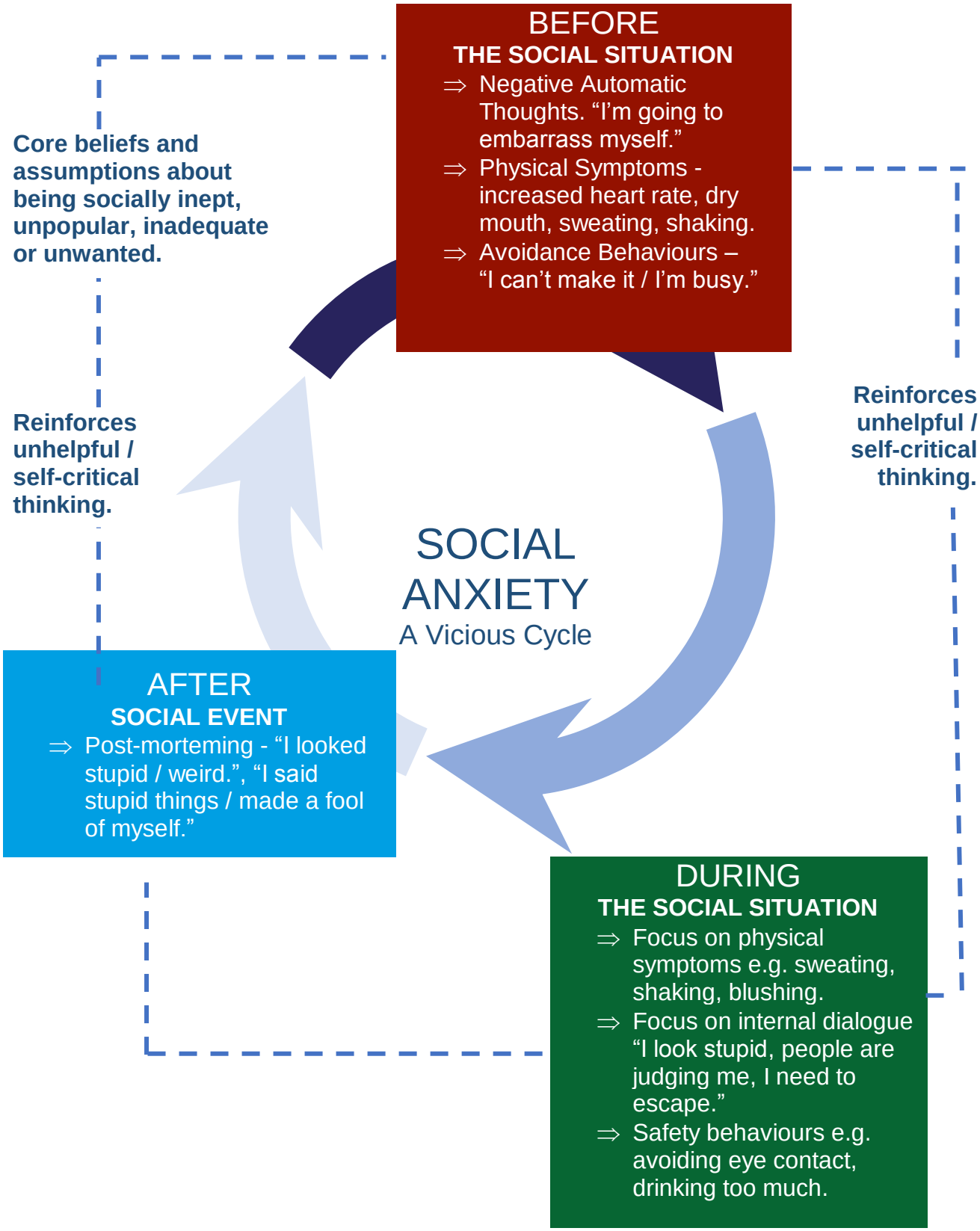
Think CBT
Psychotherapy, Counselling & Coaching

Social Anxiety - A Vicious Cycle