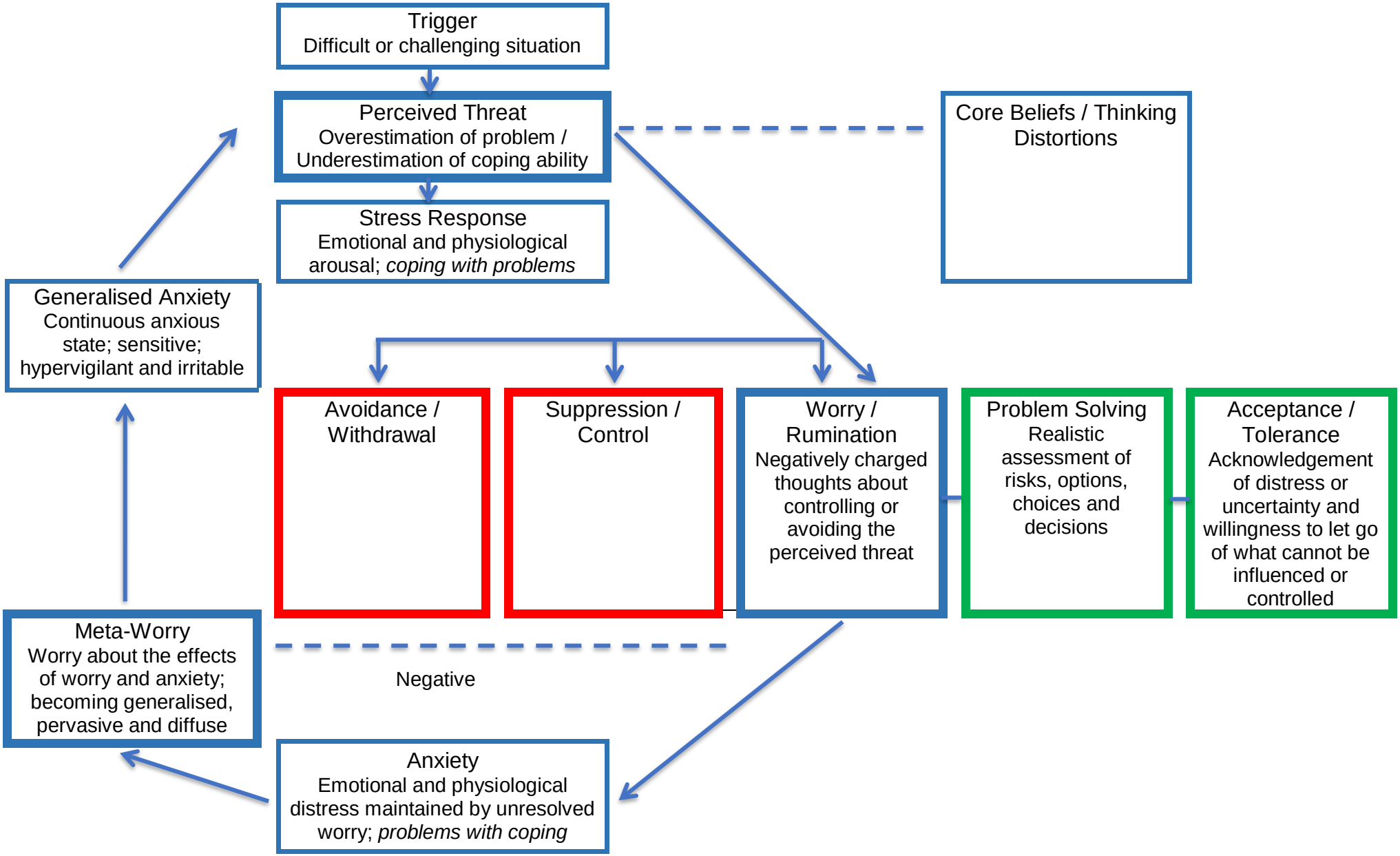
Think CBT
Psychotherapy, Counselling & Coaching

Worry / Anxiety Cycle



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