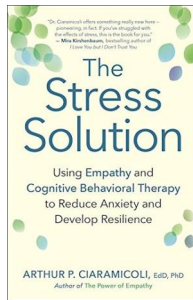


The Stress Solution: How Empathy and Cognitive Behavioral Therapy Combine to Reduce Anxiety and Develop Resilience



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(Phyllis Welch)

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