

THE SELF-HELP MANUAL

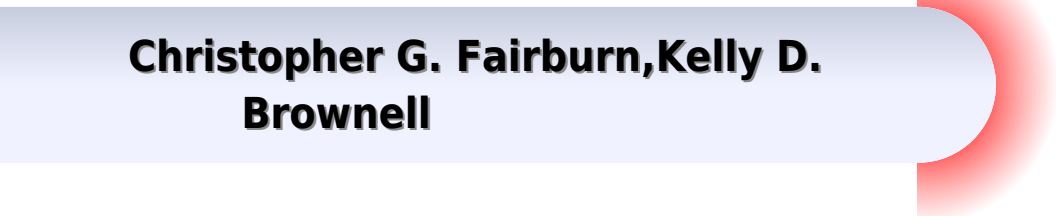
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**Christopher G. Fairburn, Kelly D.
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