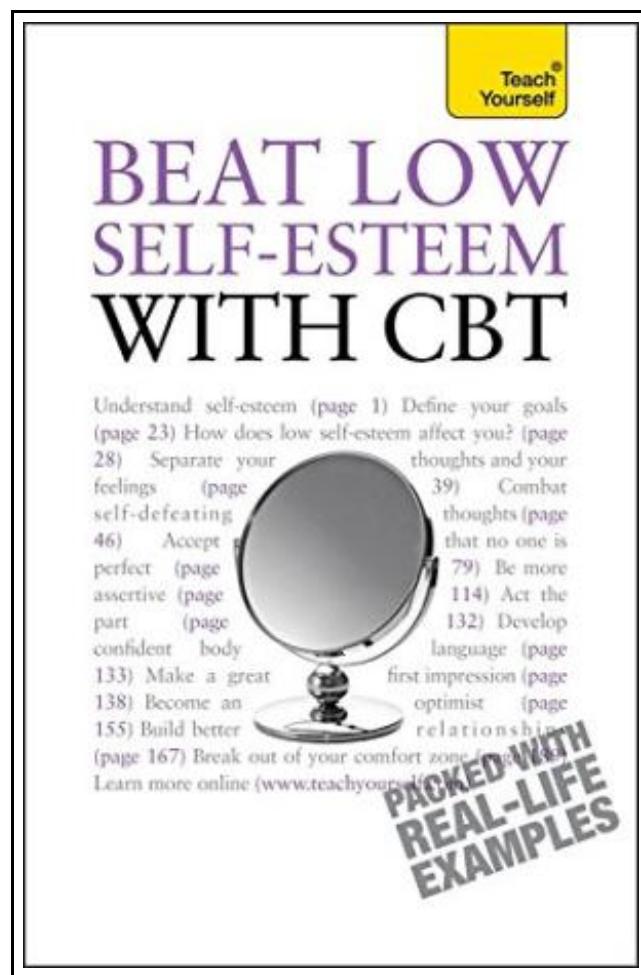


## Beat Low Self-Esteem with CBT: Teach Yourself



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## BEAT LOW SELF-ESTEEM WITH CBT: TEACH YOURSELF

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