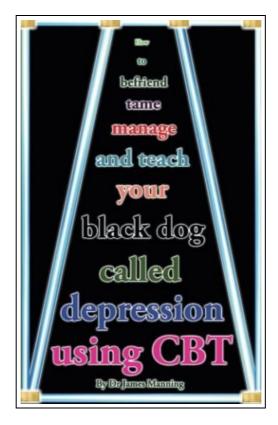
## How to Befriend Tame, Manage, and Teach Your Black Dog Called Depression Using CBT



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