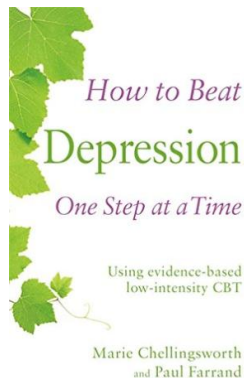


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HOW TO BEAT DEPRESSION ONE STEP AT A TIME: USING EVIDENCE-BASED LOW-INTENSITY CBT



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