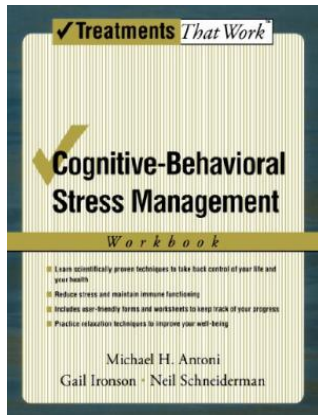


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## COGNITIVE-BEHAVIORAL STRESS MANAGEMENT: WORKBOOK



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- Authored by Professor Pf Psychology Gail Ironson, Neil Scheiderman, Professor of Psychology and Psychiatry and Behavioral Sciences Program Leader Sylvester Comprehensiv
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