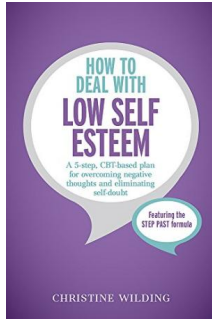


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## HOW TO DEAL WITH LOW SELF-ESTEEM: A 5-STEP, CBT-BASED PLAN FOR OVERCOMING NEGATIVE THOUGHTS AND ELIMINATING SELF-DOUBT (PAPERBACK)



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- Authored by Christine Wilding
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