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Self-esteem-Matthew McKay 2016-08-01 Matthew McKay, PhD , Is A Professor At The Wright Institute In Berkeley, CA. He Has Authored And Coauthored Numerous Books, Including The Relaxation And Stress Reduction Workbook , Self-Esteem, Thoughts And Feelings , When Anger Hurts , ... 3th, 2024

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Melanie J. V. Fennell Cognitive Therapy In The Treatment Of Low 3th, 2024

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