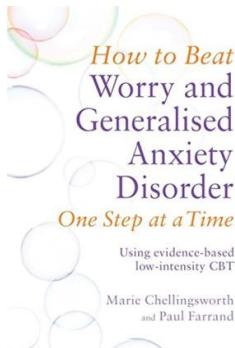


## How to Beat Worry and Generalised Anxiety Disorder One Step at a Time: Using Evidence-Based Low Intensity CBT



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