

# **Teach Yourself Cognitive Behavioural Therapy (Teach Yourself - General)**

**By Christine Wilding**

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**Christine Wilding CBT -**

I am a Cognitive Behavioural Therapist, "Teach Yourself CBT" published by I am pleased to see both individuals and couples for therapy. CONTACT ME: Tel

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### **Christine Wilding, Aileen Milne (2010) Cognitive -**

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