

A NEW HARBINGER SELF-HELP WORKBOOK

The Cognitive Behavioral Workbook *for* Depression

SECOND EDITION

A STEP-BY-STEP PROGRAM

A workbook to help you understand and manage your depression
A workbook to help you understand and manage your depression
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WILLIAM J. KNAUS, EDITOR
Foreword by ALBERT ELLIS, PhD

The Cognitive Behavioral Workbook For Depression A Step By Step Program

Rosina Ehmann



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