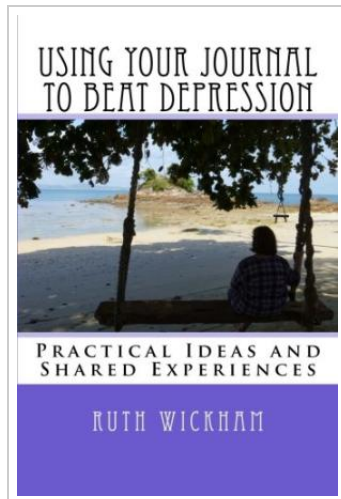




Using Your Journal to Beat Depression: Practical Ideas and Shared Experiences

By Wickham, Ruth

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