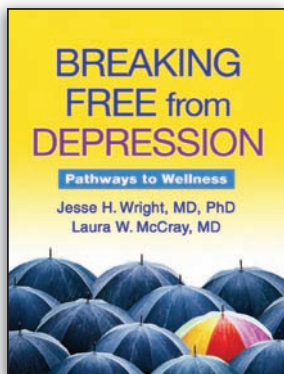


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Breaking Free from Depression

Pathways to Wellness

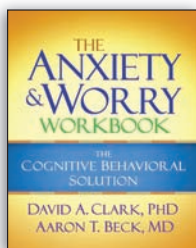
Wright • 324 Pages • November 2011

Infused with warmth, optimism, and clinical know-how, this book presents simple yet powerful depression-fighting strategies that sufferers can try on their own. Readers learn ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen relationships, and make informed decisions about medications.

Anxiety and Worry Workbook

The Cognitive Behavioral Solution

Clark • 326 Pages • October 2011

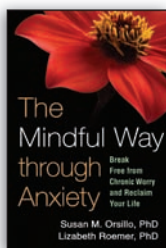


Mindful Way through Anxiety

Break Free from Chronic Worry and Reclaim Your Life

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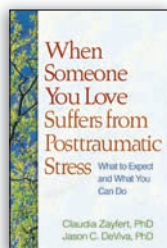
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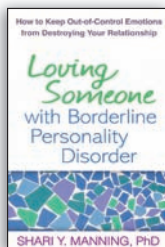


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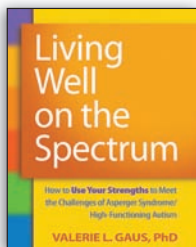


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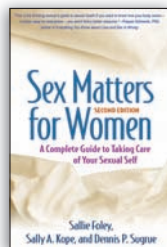
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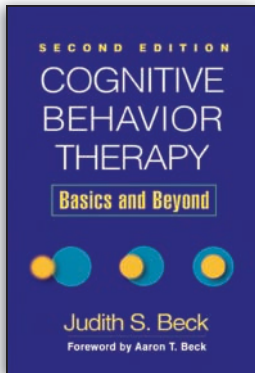


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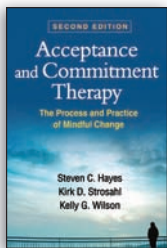
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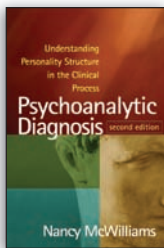
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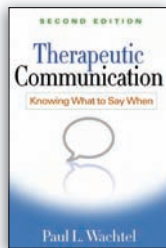
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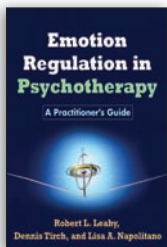


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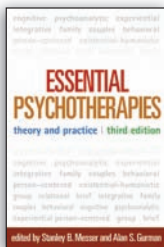


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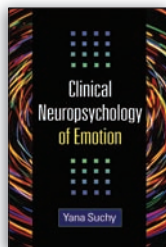
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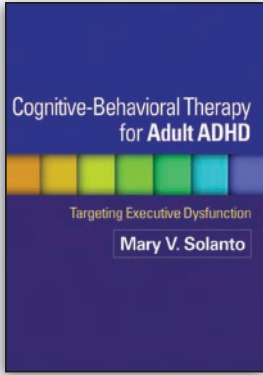


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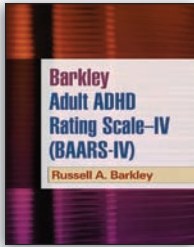
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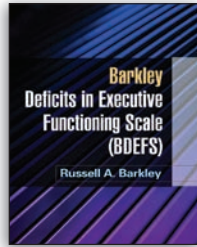
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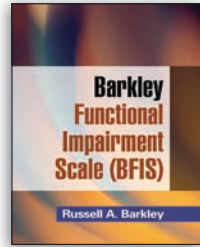
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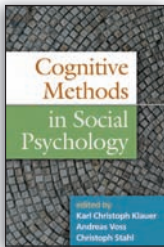
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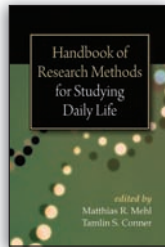
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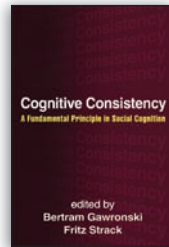
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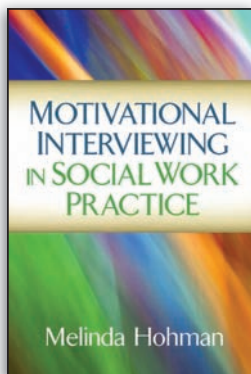
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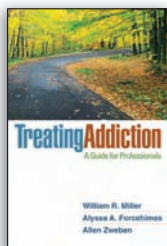
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This reader-friendly book introduces practitioners and students to Motivational interviewing (MI) and demonstrates how to integrate MI into practice, including innovative applications for substance abuse treatment, mental health, child welfare, criminal justice, school social work, and more.

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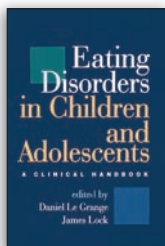
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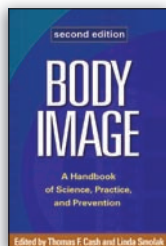
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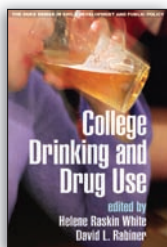
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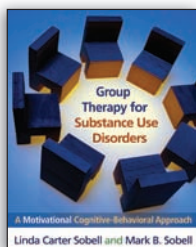
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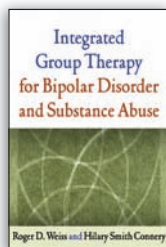
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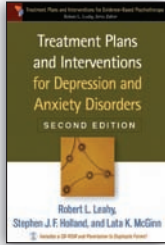
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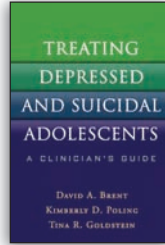
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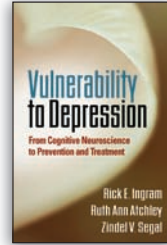
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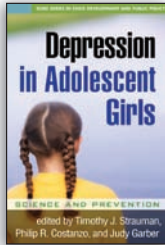
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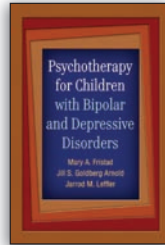
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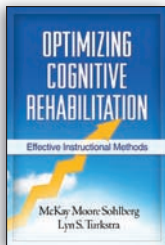
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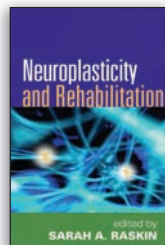
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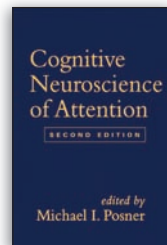
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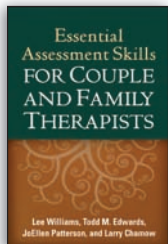
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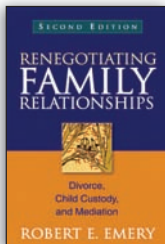
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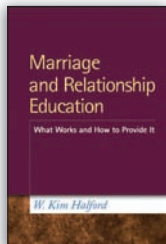
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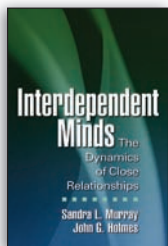
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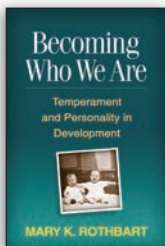
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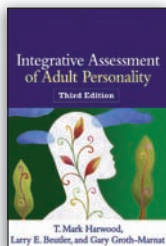
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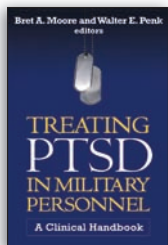
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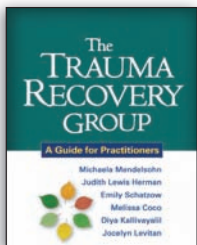
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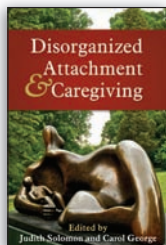
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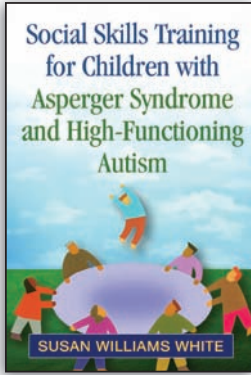
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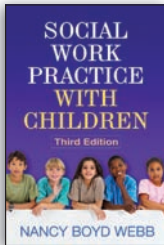
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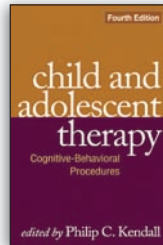
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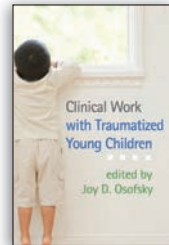
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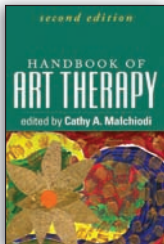
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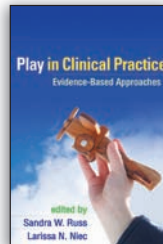
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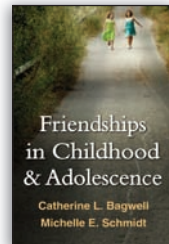
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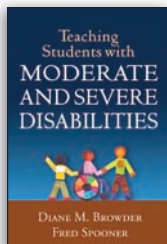
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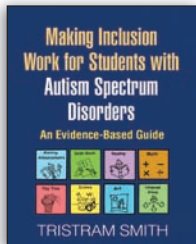
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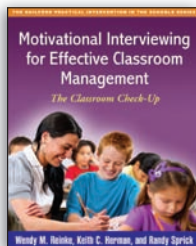
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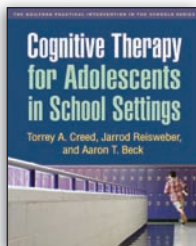
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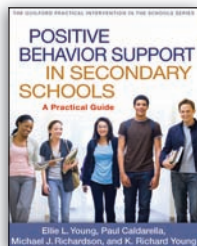
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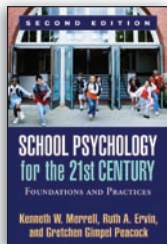
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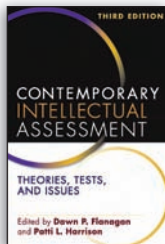
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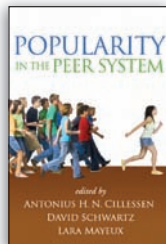
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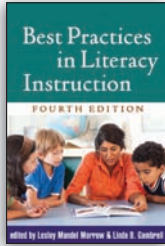
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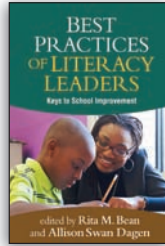
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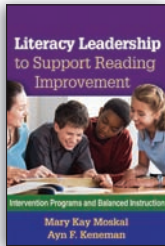
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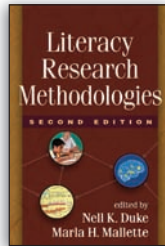
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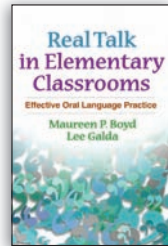
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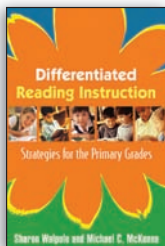
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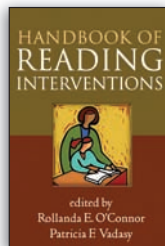
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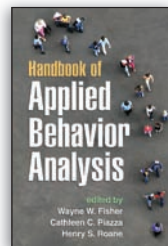
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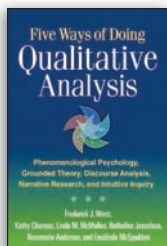
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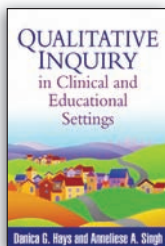
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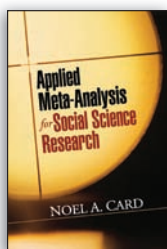
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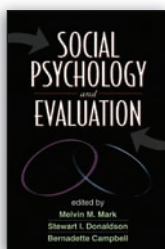
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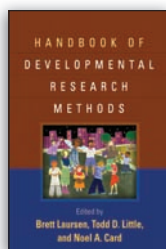
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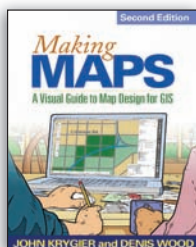
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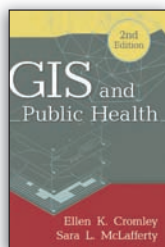
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