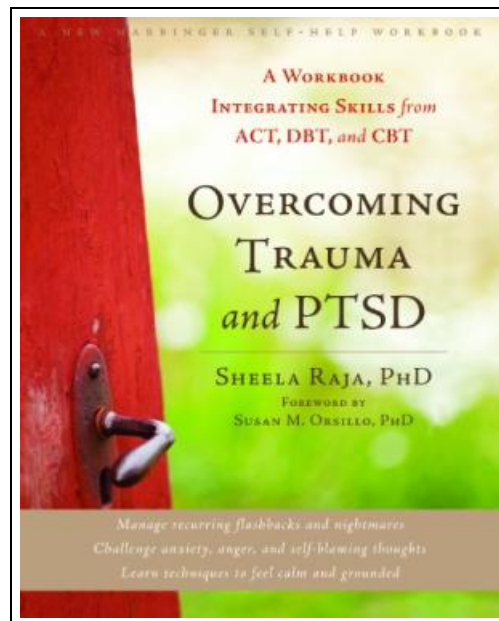


## Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT



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