



**Feeling Good, Feeling Better. The Official  
Cognitive Therapy Course Book: A course book for  
beginners and professionals working with the  
depressed**

*Mr. Scott Rauvers*

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# Feeling Good, Feeling Better. The Official Cognitive Therapy Course Book: A course book for beginners and professionals working with the depressed

*Mr. Scott Rauvers*

## **Feeling Good, Feeling Better. The Official Cognitive Therapy Course Book: A course book for beginners and professionals working with the depressed** Mr. Scott Rauvers

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