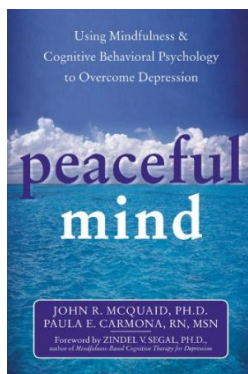


## Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression



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