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exercises to help you  
learn skills such as self-  
compassion,  
overcoming avoidance,  
and defusing negative  
thoughts to take away

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**Workbook (New  
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I was recommended to take a Stress and Anxiety Management course by an advisor, and this is the workbook from that course. I found a lot of the exercises in The Relaxation & Stress Reduction Workbook to be very helpful, and have tried to use them again on my own a few times.

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