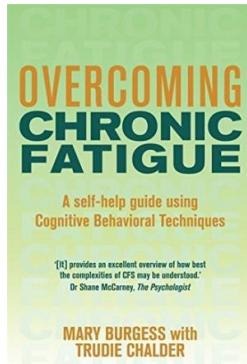


## Overcoming Chronic Fatigue: A Self-help Guide to Using Cognitive Behavioral Techniques



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