

# DIY Therapy

## Simple Self-help Skills



By

Helen Papadopoulos

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# Self Help Tutorial

**William Hession, Malcolm Rubel**



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web mar 25 2014 exodus was first published in 2014 as a follow up to feldman s first book unorthodox which is now a series on netflix in august of this year the author expanded the first edition of exodus and brings us exodus revisited an