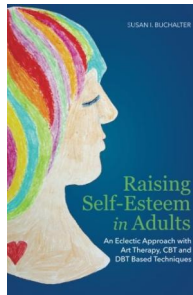


## Raising Self-Esteem in Adults: An Eclectic Approach with Art Therapy, CBT and DBT Based Techniques



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