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*Cognitive Behavioral Therapy: Techniques, Types, and Uses*

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**What is cognitive behavioral therapy? - Harvard Health**

[Cognitive behavioral therapy - Mayo Clinic](#)

**Cognitive Behavioral Therapy (CBT): Tasks & Beliefs - Verywell Mind**

**Cognitive Behavioral Therapy (CBT): What It Is & Techniques**

**Cognitive Behavioral Therapy (CBT) - Simply Psychology**

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