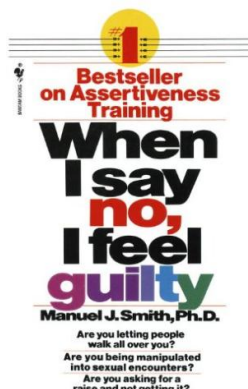


When I Say No, I Feel Guilty: How to Cope, Using the Skills of Systematic Assertive Therapy



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