




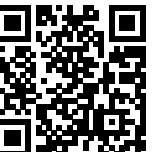






Cognitive Behavioural Therapy



Location **South East, Berkshire**
<https://www.freeadsz.co.uk/x-520619-z>



Are you finding it tough at work? Or at home? Do you want someone to help and listen to you setting realistic goals you want to achieve. I use CBT therapy which allows you to change your thoughts and behaviours to become a better you. If so you are interested please send me a message and I will get back to you as soon as

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