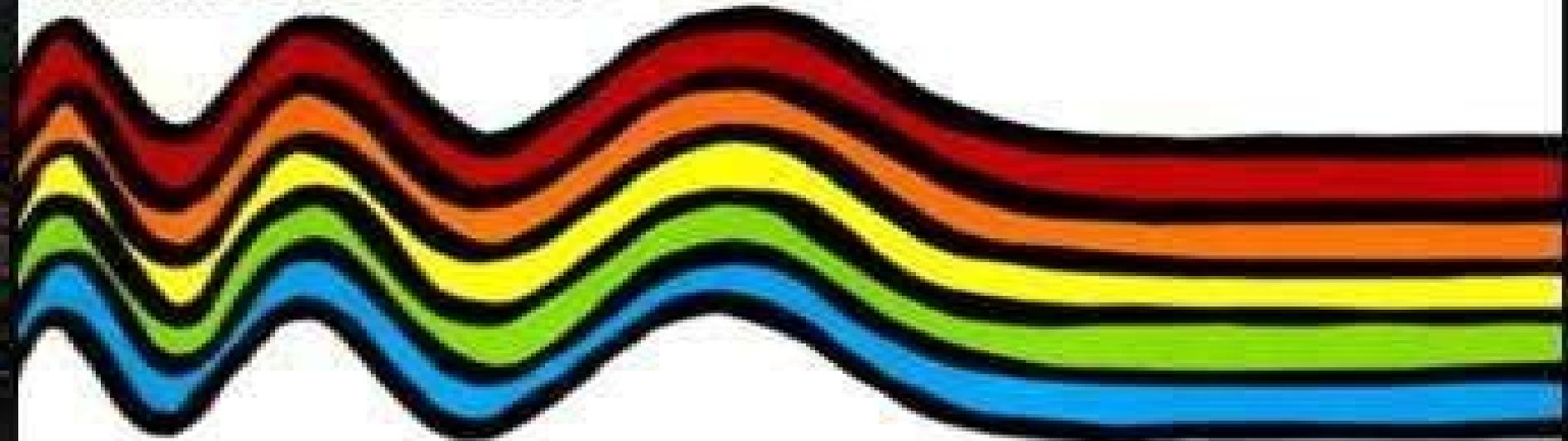


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**PROGRESSIVE RELAXATION TRAINING**  
A Manual for the Helping Professions

# Progressive Relaxation Training A Manual For The Helping Professions

**Sebastian Brünink**



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