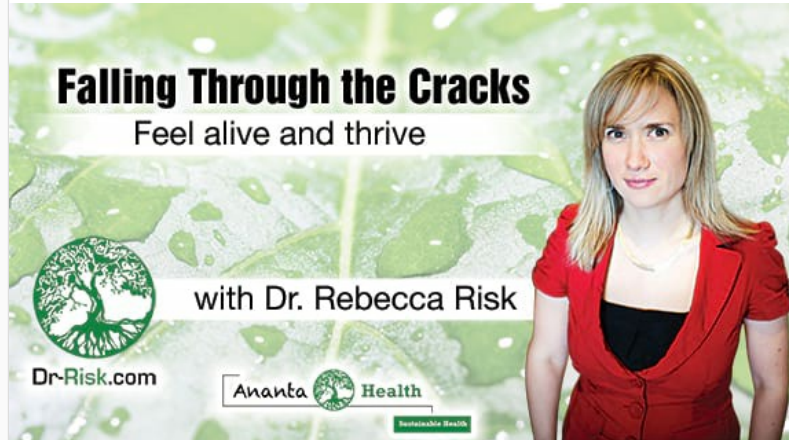


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Depression and anxiety are on the rise, and most people are looking for solutions to deal with emotions that are overwhelming their lives. In Seth Gillihan's new book *Cognitive Behavioral Therapy Made Simple*, he lays out a simple plan using Cognitive Behavioral Therapy to assess and understand your emotions and move forward from there.

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Featured Guest



Seth J. Gillihan, PhD

Licensed psychologist Seth J. Gillihan, PhD, is a Clinical Assistant Professor of Psychology in the Psychiatry Department at the University of Pennsylvania. Dr. Gillihan has written and lectured nationally and internationally on cognitive behavioral therapy and the role of the brain in psychiatric conditions.

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