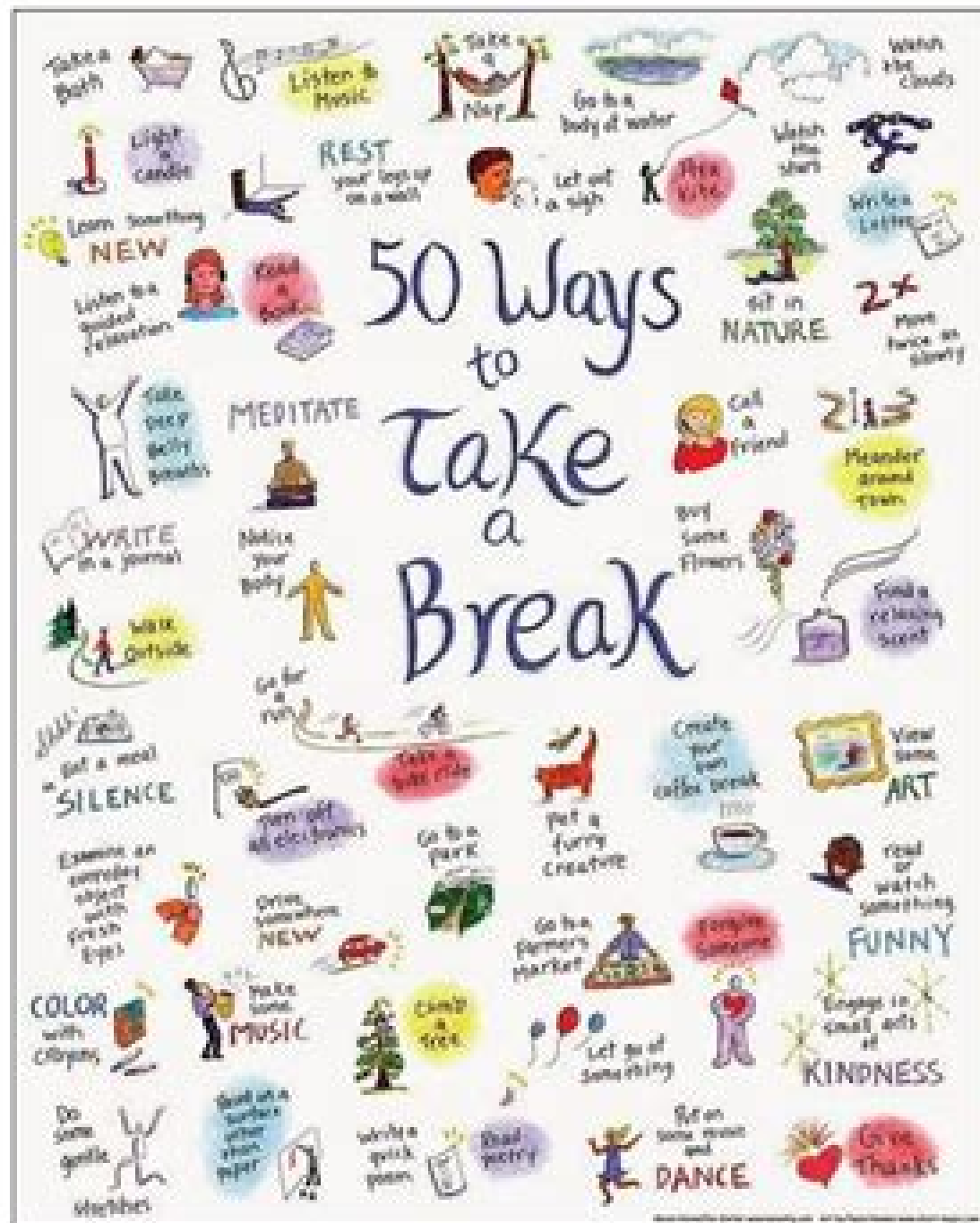


# Distraction Techniques: Pleasurable Activities



# 50 Distraction Techniques For People With Depression

**AN Whitehead**



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