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**Daring to Challenge OCD - Cognitive  
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She is Assistant Professor in the Clinical  
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California, Berkeley, Founding Fellow of  
the Academy of Cognitive Therapy, and  
the author of the book "Daring to  
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A 19-year-old cyclist from Ludlow is taking on a 24-hour cycling challenge for a mental health charity. Hannah Lancaster is hoping to get the pedals

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after...

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toward transdiagnostic approaches that target psychological mechanisms can improve outcomes.

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