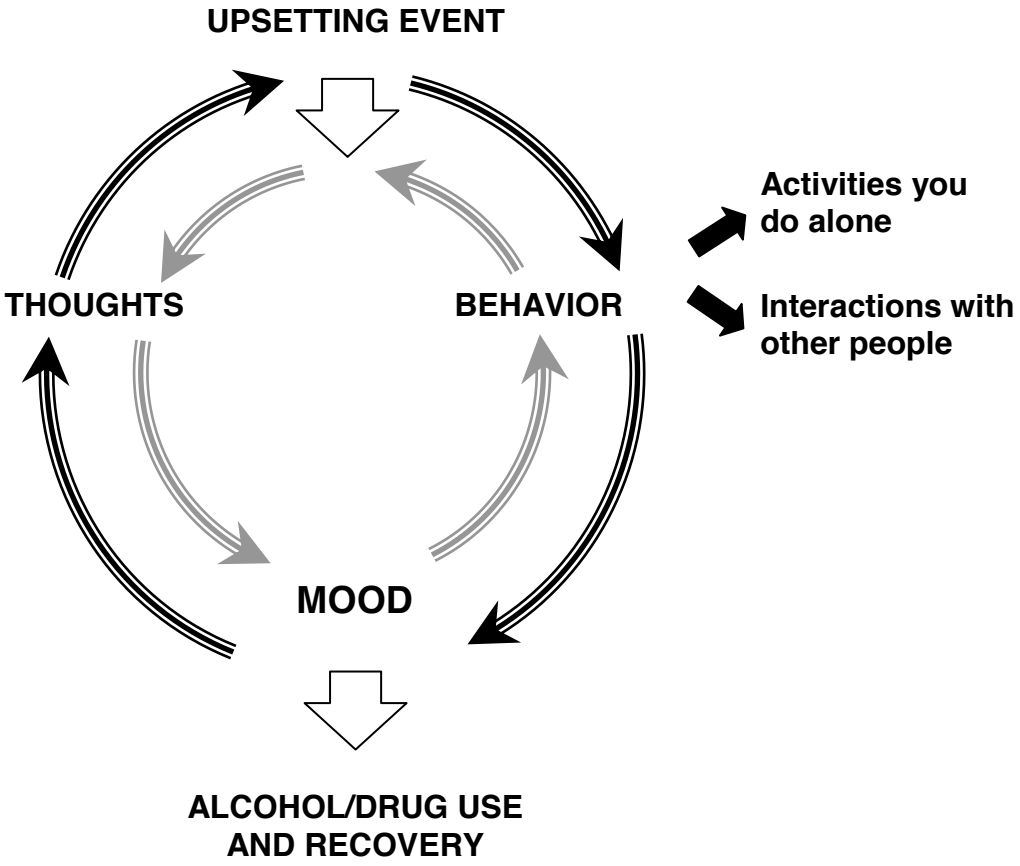The CBT Circle