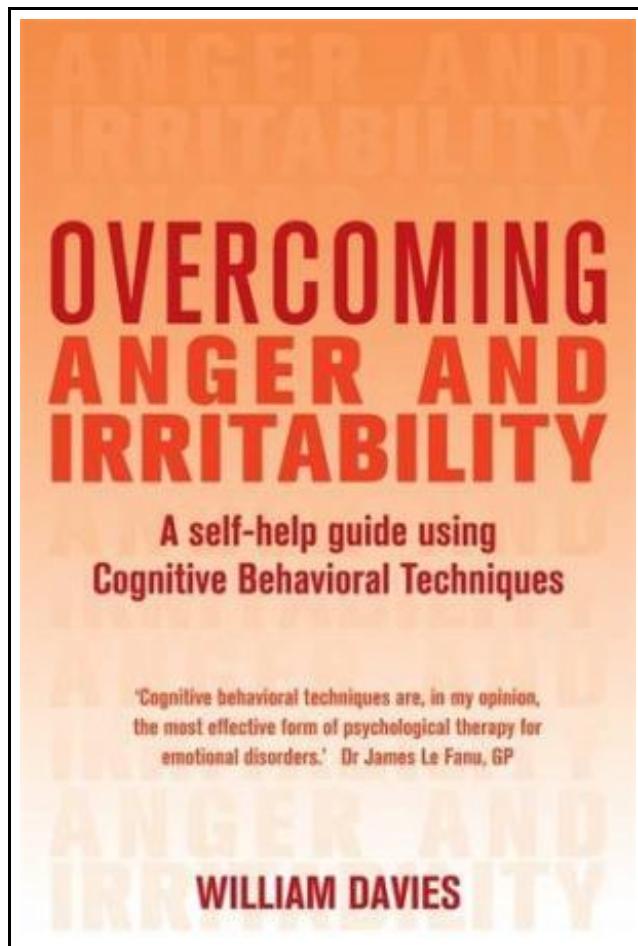


Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioral Techniques



Filesize: 6.52 MB

Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book.

(Gerald Conn)

OVERCOMING ANGER AND IRRITABILITY: A SELF-HELP GUIDE USING COGNITIVE BEHAVIORAL TECHNIQUES

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