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## SOS AYUDA CON LAS EMOCIONES COMO MANEJAR LA ANSIEDAD, LA IRA, Y SPANISH EDITION



SOS Programs & Parents Press. Paperback. Book Condition: New. Paperback. 302 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. SOS Ayuda Con Las Emociones - Como Manejar La Ansiedad, La Ira, Y La Depression is a self-help book that is fun to read and easy to apply. By understanding and applying insights and techniques from this book, you will learn useful self-help methods from cognitive behavior therapy. You will gain insight into changing your thoughts and feelings and for becoming more successful...

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- Authored by Lynn Clark
- Released at -



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