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# BEAT DEPRESSION FAST: TEN STEPS TO A HAPPIER YOU



Watkins Media. Paperback. Book Condition: new. BRAND NEW, Beat Depression Fast: Ten Steps to a Happier You, Alexandra Massey, Alexandra Massey distils the essence of Positive Psychology, an approach which emphasises what's right about us rather than what's wrong, and combines it with an emphasis on the importance of acceptance of who we are in order to stop harmful self blaming. The book is both authoritative and empathetic - the author knows how you feel now and she also knows...

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- Authored by Alexandra Massey
- Released at -



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