

<<克服焦虑指南 Overcoming >>

图书基本信息

书名：<<克服焦虑指南 Overcoming Anxiety For Dummies>>

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内容概要

With the right psychological techniques, you can discover the root cause of your anxiety, change your thought processes, and take control of your fears. This friendly, expert guide talks you through those techniques, and gives proven, practical advice on relaxation, nutrition, exercise, and medication, so you have full support in freeing yourself from anxiety and enjoying a more peaceful life.

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