



Poradnik Radzenia Sobie z Lękiem Społecznym, Wydanie II: Podejście Terapii Poznawczo-Behawioralnej

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Opis

Managing Social Anxiety, Workbook, 2nd Edition: A Cognitive-Behavioral Therapy Approach (Treatments That Work)

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- **temat:** Cognitive behavioural therapy, Coping with anxiety & phobias, Anxiety;Treatment., Cognitive therapy;Problems, exercises, etc., Social phobia;Treatment., PSYCHOLOGY / Psychotherapy / Cognitive Behavioral Therapy (CBT), PSYCHOLOGY / Psychotherapy / General, Psychology / Clinical Psychology, Psychology / Psychopathology / Anxieties & Phobias, SELF-HELP / Anxieties & Phobias, ANF: Health and Wellbeing, Anxieties & Phobias, Anxiety - Treatment, Anxiety;Treatment., Cognitive Behavioral Therapy (CBT), Cognitive behavioural therapy, Cognitive therapy - Problems, exercises, etc, Cognitive therapy;Problems, exercises, etc., Coping with, Coping with / advice about anxiety and phobias, Coping with anxiety & phobias, General, MAJORS, Non-Fiction, PSYCHOLOGY / Clinical Psychology, PSYCHOLOGY / Psychotherapy / Cognitive Behavioral Therapy (CBT), PSYCHOLOGY / Psychotherapy / General, Psychology, Psychotherapy, SELF-HELP, SELF-HELP / Anxieties & Phobias, Social phobia - Treatment, Social phobia;Treatment., United States, Workbook, advice about anxiety and phobias, Coping with / advice about anxiety and phobias
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