



Poradnik Zdrowia Psychicznego: 6 Książek w 1

Indeks: 712690 Producent: Independently published

Cena: 167.62 zł

Opis

Mental Health Workbook: 6 Books in 1: The Attachment Theory, Abandonment Anxiety, Depression in Relationships, Addiction, Complex PTSD, Trauma, CBT Therapy, EMDR and Somatic Psychotherapy

Producent: Independently published

- **temat:** Health, Fitness & Nutrition / Addiction & Recovery / Gambling Addiction & Recovery, Health, Fitness & Nutrition / Mental Health / Anxiety Disorders, Health, Fitness & Nutrition / Mental Health / Emotional Mental Health, __, __, __
- **wiążący:** hardcover
- **waga opakowania przedmiotu:** 1.95 pounds
- **język:** english, english, english
- **producent:** Independently published
- **strony:** 531
- **zewnętrznie przypisany identyfikator produktu:** 9798878889414, 09798878889414
- **autor:** Attached, Emily, Anderson, Emily Susan
- **zalecane węzły przeglądania:** 20789415031, 20789379031
- **Data publikacji:** 2024-02-07T00:00:01Z
- **słowo kluczowe tematu:** 4 styles of attachments disorganized depression, Acceptance and commitment Therapy ADHD workbooks, Anxious ambivalent avoidant secure attachment, CBT + DBT + ACT Dialectical Behavior Therapy, Emotional mental health Journal for women men kids, The abandonment Recovery skills workbook addiction, The psychology books for beginners adults teens
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Parametry

Strony	531
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Waga	0.88 kg
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