



Poradnik Zdrowia Psychicznego: 6 Książek w Jednej

Indeks: 762833 Producent: Independently published

Cena: 169.06 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 / Healing, LAW / Malpractice, Law/Malpractice, PSYCHOLOGY / Social Psychology, Psychology/Social Psychology, SELF-HELP / Personal Growth / Memory Improvement, SELF-HELP / Post-Traumatic Stress Disorder (PTSD), Self-Help / Compulsive Behavior / Gambling, Self-Help/Compulsive Behavior - Gambling, Self-Help/Personal Growth - Memory Improvement, Self-Help/Post-Traumatic Stress Disorder (PTSD), Psychology/Social Psychology, Psychology, Social Psychology, Self-Help/Post-Traumatic Stress Disorder (PTSD), Self-Help, Post-Traumatic Stress Disorder (PTSD), Law/Malpractice, Law, Malpractice, Self-Help/Personal Growth - Memory Improvement, Personal Growth - Memory Improvement, Self-Help/Compulsive Behavior - Gambling, Compulsive Behavior - Gambling, Social, group or collective psychology
- **wiązący:** paperback
- **język:** english, english, english
- **waga przedmiotu:** 581 grams
- **strony:** 437
- **słowo kluczowe tematu:** Psychology/Social Psychology, cbt for anxiety insomnia workbook for adults kids, complex ptsd journal recovery journal for women, mental health journal success books for adults, the attachment theory workbook in practice book, the body keeps the score bessel vanderkolk book, trauma Stewardship sensitive mindfulness therapy, trauma treatment toolbox for teens emdr somatic
- **kod podmiotu:** HEA009000, LAW095000, LAW095000, PSY031000, PSY031000, SEL030000, SEL043000, SEL041010, SEL041010, SEL030000, SEL043000, JMH
- **grupa docelowa:** General/trade
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- **waga opakowania przedmiotu:** 0.62 kilograms
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- **autor:** Attached, Emily, Fernandez, Marzia, Mackesy, Gino
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Parametry

Waga	0.62 kg
Liczba stron	437
Język	polski