



Terapia Emocjonalna przez Sztukę: Kolorowe Sekrety Tworzenia Wewnętrznej Siły

Indeks: **713003** Producent: **Anisa Zafar**

Cena: **179.60 zł**

Opis

Emotional Healing Through Art: The Colourful Secret of Creating Inner Strength

Producent: Anisa Zafar

- **temat:** Complementary therapies, healing & health, Memory improvement & thinking techniques, Self-help & personal development, BODY, MIND & SPIRIT / Nature Therapy, Body, Mind & Spirit/Nature Therapy, SELF-HELP / Creativity, SELF-HELP / Personal Growth / Happiness, Self-Help/Creativity, Self-Help/Personal Growth - Happiness, ANF: Psychology, BODY, MIND & SPIRIT / Nature Therapy, Body, Mind & Spirit, Body, Mind & Spirit/Nature Therapy, Complementary therapies, healing & health, Creativity, HC, HC/Ratgeber/Hobby, Haus/Kreatives Gestalten, Happiness, Hobby, Haus, Kreatives Gestalten, Memory improvement & thinking techniques, Memory improvement and thinking techniques, Mnemo- und Lerntechniken, Nature Therapy, Personal Growth, Personal Growth - Happiness, Ratgeber, SELF-HELP / Creativity, SELF-HELP / Personal Growth / Happiness, Self-Help, Self-Help for Anxieties & Phobias; depression, Self-Help for Anxieties & Phobias; depression; anxiety; disorders; therapy; art therapy; self-improvement; self-discovery; trauma recovery; Post-traumatic Stress Disorder; drawing therapy; paint therapy, Self-Help/Creativity, Self-Help/Personal Growth - Happiness, Self-help & personal development, Self-help, personal development and practical advice, Memory improvement and thinking techniques, Mnemo- und Lerntechniken, Nature therapy, Self-help, personal development and practical advice, HC/Ratgeber/Hobby, Haus/Kreatives Gestalten
- **wiązący:** paperback
- **język:** english, english, english
- **waga przedmiotu:** 0.55 pounds
- **strony:** 152
- **słowo kluczowe tematu:** Self-Help for Anxieties & Phobias; depression, Self-Help for Anxieties & Phobias; depression; anxiety; disorders; therapy; art therapy; self-improvement; self-discovery; trauma recovery; Post-traumatic Stress Disorder; drawing therapy; paint therapy
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- **kod podmiotu:** OCC043000, OCC043000, SEL009000, SEL016000, SEL009000, SEL016000, 1411, VSPT, VSPT, VXHF, VS, VXH, VSPT, VS
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- **waga opakowania przedmiotu:** 0.55 pounds
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- **autor:** Zafar, Anisa
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Parametry

Wydanie	miękka okładka
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Producent	Anisa Zafar
Waga	0.55 lbs