



Terapeutyczny Przewodnik: 7 Książek w 1 - CBT, DBT, ACT i więcej

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Opis

CBT + DBT + ACT Workbook: 7 Books in 1: Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Complex PTSD, Vagus Nerve, EMDR and Somatic Psychotherapy

Producent: Independently published

- **temat:** Health, Fitness & Nutrition / Psychology & Counseling / Popular Psychology Testing & Measurement, Medicine & Nursing / Medical Psychology / Medical Experimental Psychology, Medicine & Nursing / Medical Psychology / Medical Psychology Testing & Measurement, __, __
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