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THINK YOURSELF HAPPY: THE SIMPLE 6-STEP PROGRAMME TO CHANGE YOUR LIFE FROM WITHIN

- ✓ Tackles stress, anxiety, and depression
- ✓ Illustrated with real-life case studies
- ✓ Uses proven CBT techniques
- ✓ Full of easy, practical exercises



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RICK NORRIS

Oneworld Publications. Paperback. Book Condition: new. BRAND NEW, Think Yourself Happy: The Simple 6-step Programme to Change Your Life from within, Rick Norris, Stress, anxiety, and depression are more common than ever before. When the 21st-century dream is to have it all - high-powered jobs, happy families, exotic holidays, a beautiful body, and the ideal home - many minds simply cannot cope if we fail to match up. Explaining why this cycle is so hard to break and exactly what...

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- Authored by Rick Norris
- Released at -



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This type of book is everything and helped me seeking forward and a lot more. We have go through and so i am confident that i will planning to read again again later on. You will like just how the blogger create this ebook.

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