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# SUPERBETTER: HOW A GAMEFUL LIFE CAN MAKE YOU STRONGER, HAPPIER, BRAVER AND MORE RESILIENT (PAPERBACK)



HarperCollins Publishers, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. A revolutionary new self-help book by top flight game designer Jane McGonigal. After suffering a brain injury, Jane McGonigal came up with a game to help aid her recovery and battle the ensuing depression she experienced. Half a million people have now played this game to astonishing results: depression gone in 6 weeks in some cases and even terminal cancer patients reporting that playing the game...

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- · Authored by Jane McGonigal
- Released at 2016



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#### Reviews

A new electronic book with a new point of view. it was writtern extremely completely and beneficial. Its been written in an extremely straightforward way in fact it is simply following i finished reading this publication through which really altered me, alter the way i really believe.

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A must buy book if you need to adding benefit. It can be rally interesting throgh looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe.

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Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Nikita Herzog