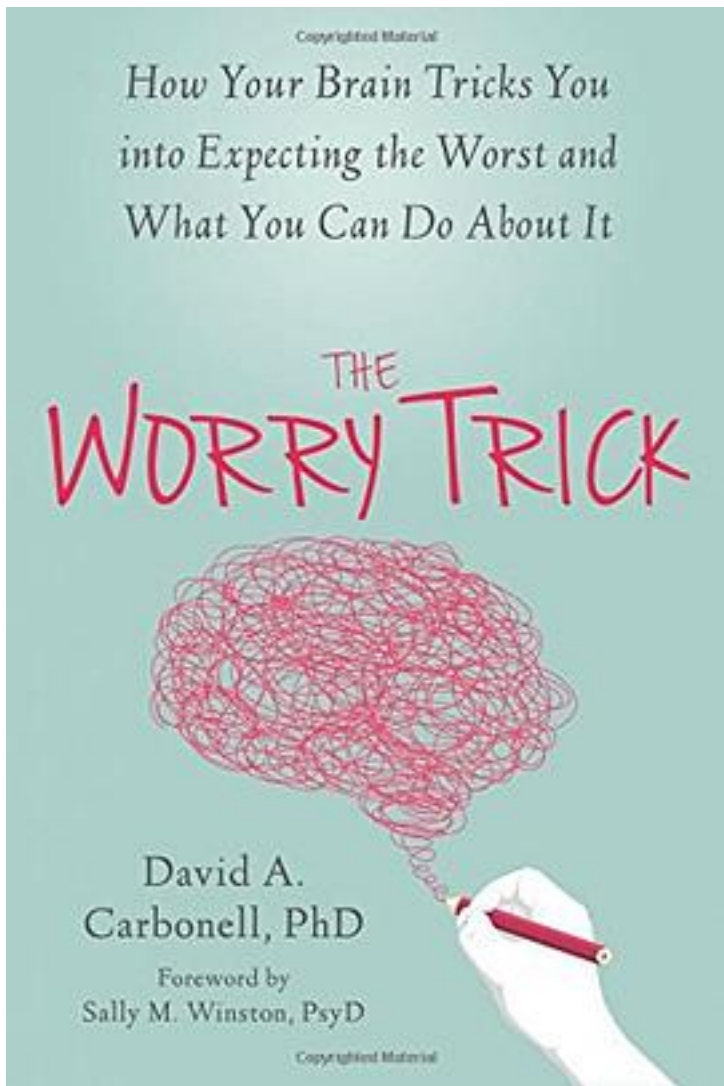


The Worry Trick



[The Worry Trick_ 下载链接1](#)

著者:David A Carbonell PhD

出版者:New Harbinger Publications

出版时间:2016-2-2

装帧:Paperback

isbn:9781626253186

作者介绍:

目录:

[The Worry Trick_下载链接1](#)

标签

Self-help

Psychology

心理学

评论

The first half of this book explains the psychology behind worrying minds, more interesting and captivating than the second half on how to cope with chronic worry.

看的是韩文版的...不是很实用...可能适合那些病态型多虑者...

[The Worry Trick_下载链接1](#)

书评

[The Worry Trick_下载链接1](#)