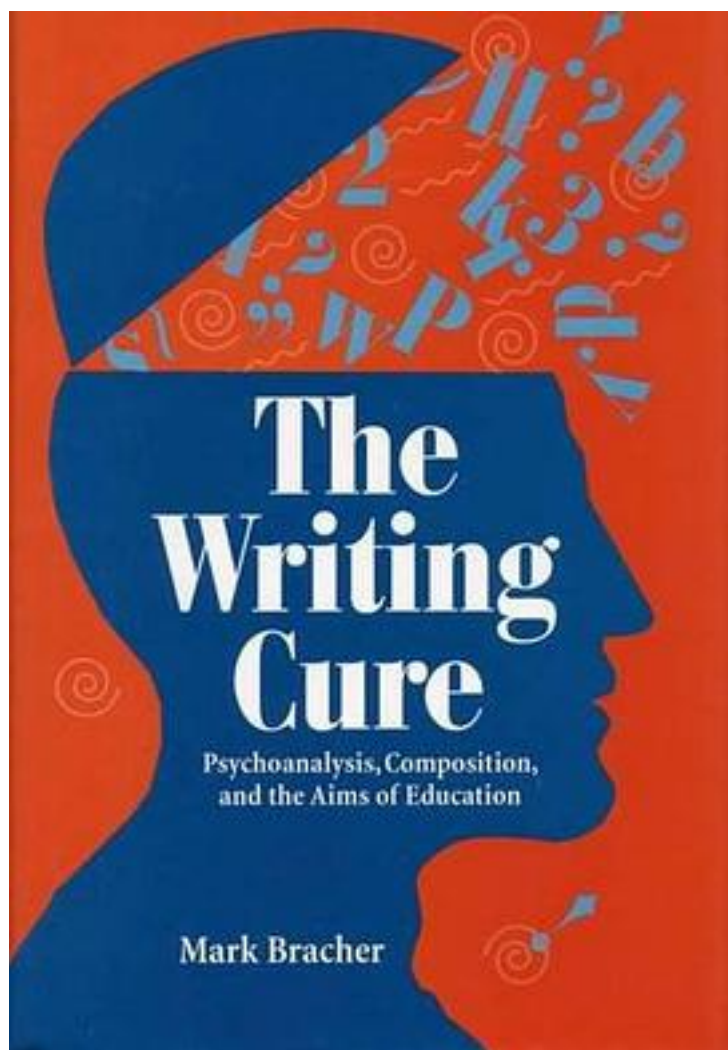


# The Writing Cure



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著者:Lepore, Stephen J. (EDT)/ Smyth, Joshua Morrison (EDT)

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The Writing Cure presents groundbreaking research on the cognitive, emotional, and developmental pathways through which disclosure influences health. Although writing has been a popular therapeutic technique for years, only recently have researchers subjected it to rigorous scientific scrutiny.

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