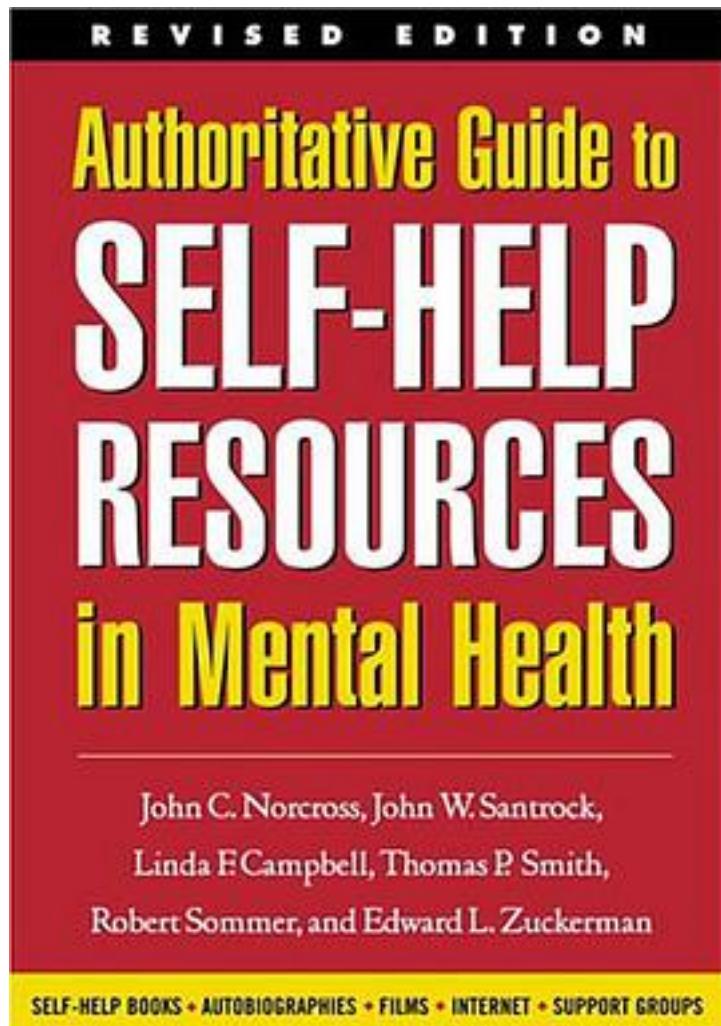


Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition



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著者:John C. Norcross Phd

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\$600 million dollars are spent on two thousand new self-help books published each year—yet 95% of those books have no basis in research. With ratings formulated from survey results representing the collective wisdom of more than 3,000 mental health professionals, the revised and expanded edition of this indispensable reference helps consumers and professionals distinguish high-quality self-help resources from those that are misleading, inaccurate, or even harmful. Organized around 36 frequently encountered problems, the number of resources reviewed has increased by more than 60%, to over 1,000 self-help books, autobiographies, and popular films.

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