

Taming Your Inner and Outer Bullies

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TAMING YOUR INNER & OUTER BULLIES

CONFRONTING LIFE'S
STRESSORS AND WINNING

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出版者:Transition Vendor

出版时间:2006-4

装帧:Pap

isbn:9780882822747

Learn to deal with the inner and outer bullies that thwart your ability to live a happy and fulfilling life with Taming Your Inner and Outer Bullies . Here is an all-inclusive guide to help you identify the forces that bully you and see how to control them. Learn why people develop self-defeating behaviors and allow Rosenstein to help you end a life time of victimizations by inner and outer bullies.

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