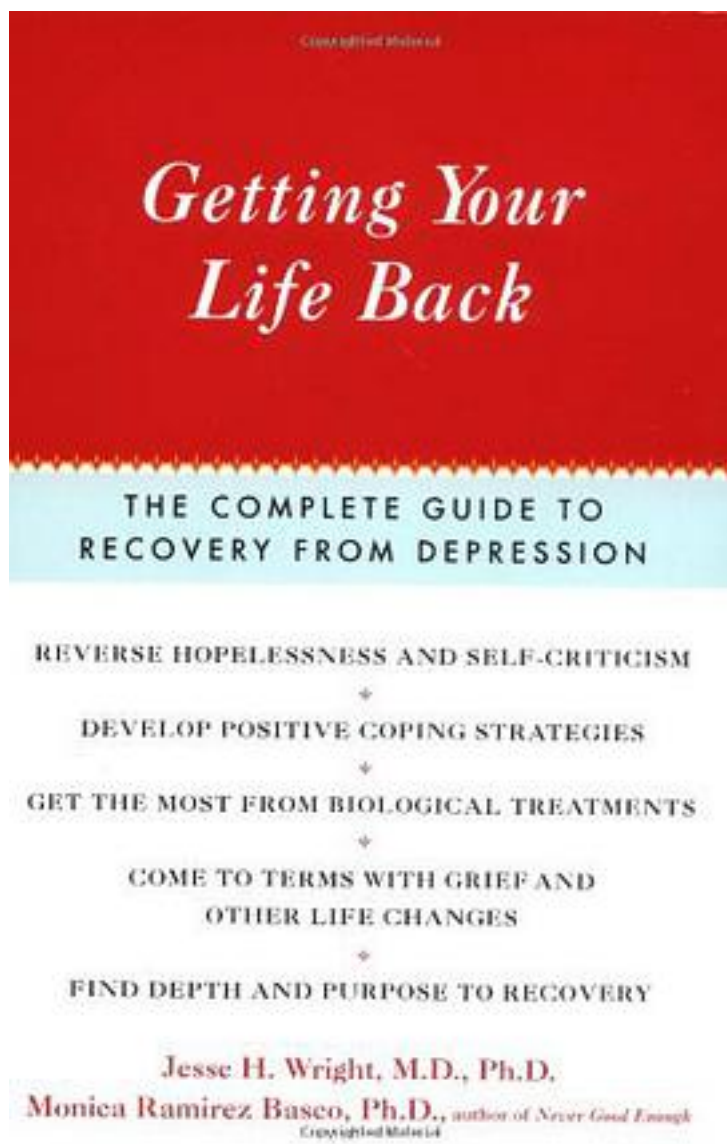


# Getting Your Life Back



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出版者:Simon & Schuster

出版时间:2002-4

装帧:Pap

isbn:9780743200509

In this powerful new self-help programme, Wright and Basco show you how to blend the best methods of scientifically tested treatments to win the battle against depression. The flexible plan laid out in this practical new book lets you learn about and master the Five Keys to Recovery in the sequence that's best for you. Some people may want to work through all five keys; others may find they are able to achieve the level of health they want with just a few. Whether you learn the self-help strategies of cognitive-behavior therapy, rely on prescription antidepressants, try herbal remedies, work on mending relationships, focus on spiritual growth, or use a combination of methods, the Personal Plan for Recovery is a breakthrough tool that allows you to take control of your own treatment. Conversational and filled with guided exercises and strategies that work, Getting Your Life Back is an empowering book that maximizes each person's strengths and potential.

作者介绍:

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