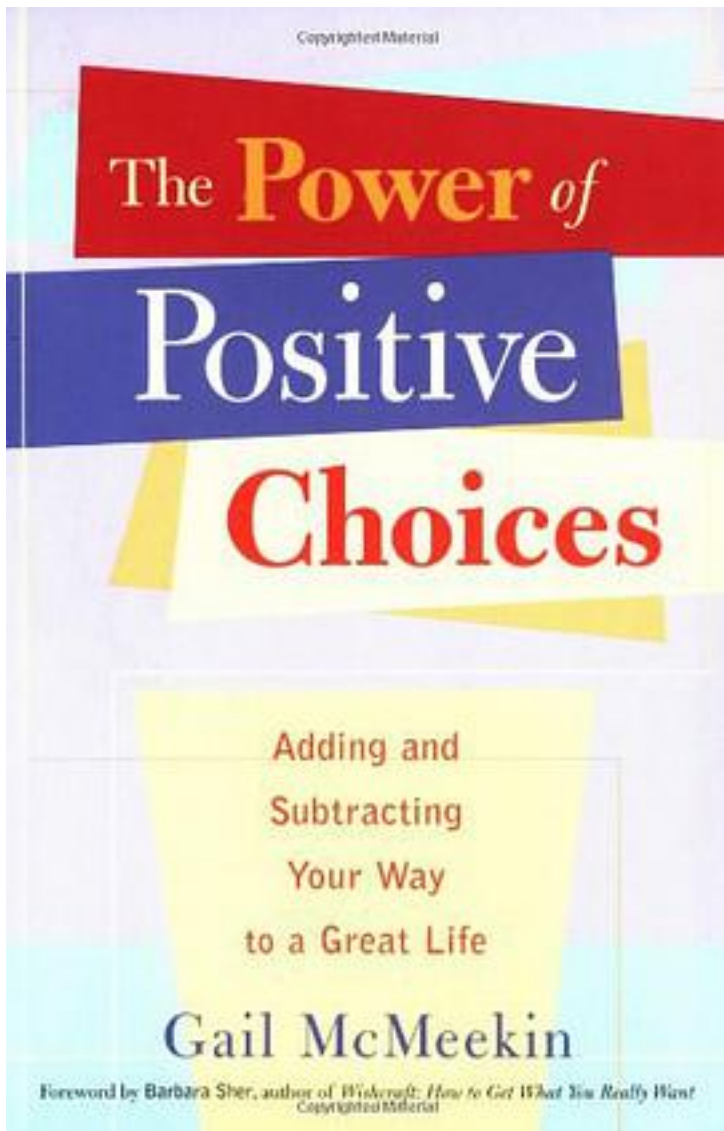


The Power of Positive Choices



[The Power of Positive Choices_ 下载链接1](#)

著者:McMeekin, Gail

出版者:

出版时间:2001-6

装帧:

isbn:9781573245739

This straightforward and accessible text is divided into two parts: being and doing. Each chapter treats a specific theme, which is made concrete through one or more exercises aimed at reducing negative energy and taking control. Using the author's practical program, readers learn how to eliminate stress and become empowered.

作者介绍:

目录:

[The Power of Positive Choices_ 下载链接1](#)

标签

评论

[The Power of Positive Choices_ 下载链接1](#)

书评

[The Power of Positive Choices_ 下载链接1](#)