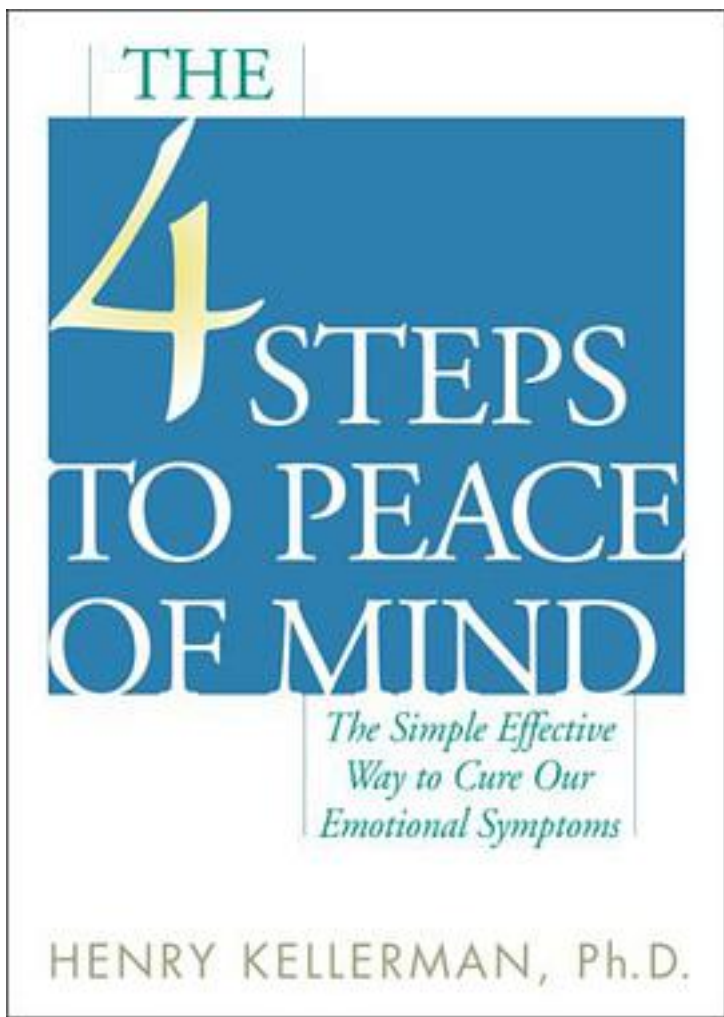


The 4 Steps to Peace of Mind



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出版者:

出版时间:2007-11

装帧:

isbn:9780742558786

We strive to be psychologically healthy--happy, productive, balanced, calm. But nearly

every one of us has suffered from some kind of psychological problem--depression, anxiety, fear of heights or crowds, obsessions, compulsions, and dozens of other troubles. In this book, richly experienced psychoanalyst Dr. Henry Kellerman explains the four things we need to do to solve many of the psychological problems that come up in life. He then shows how his method has worked in a variety of cases that he has handled over the course of his psychoanalytic career. Anyone can easily understand and apply these steps to free oneself from personal patterns that bedevil us.

作者介绍:

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