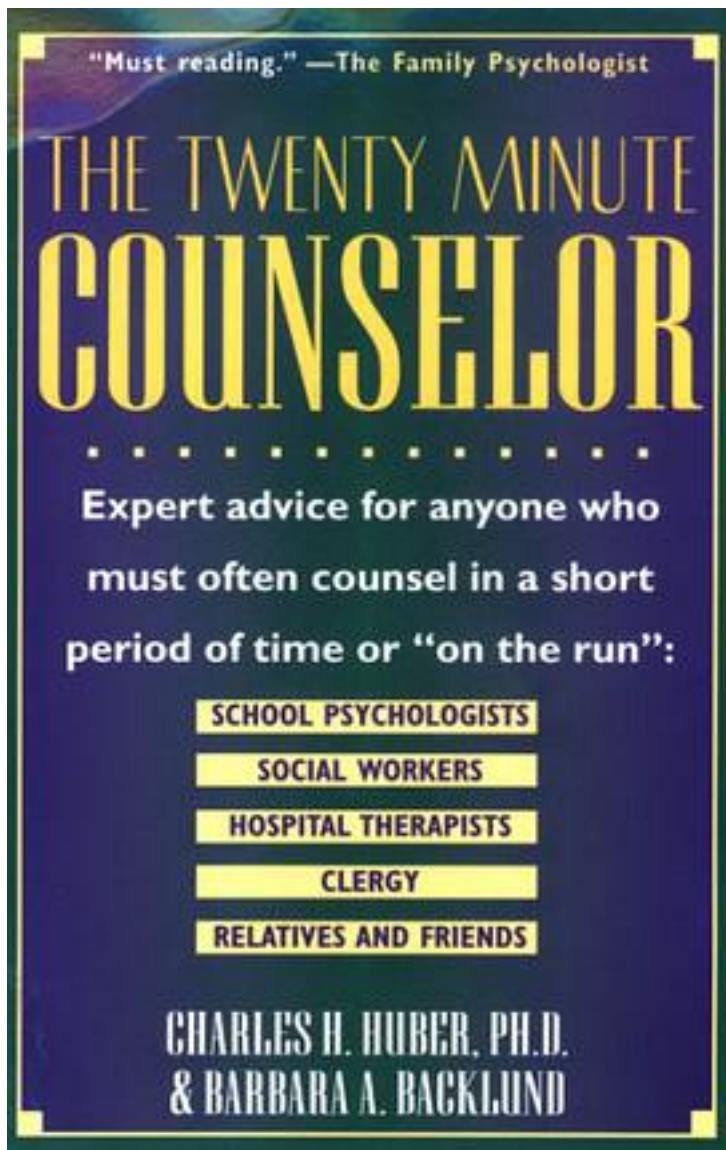


The Twenty Minute Counselor



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著者:Huber, Charles H./ Backlund, Barbara A.

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This book encourages setting achievable goals, putting them into action, rethinking dysfunctional thoughts, and working actively toward a happier and more satisfying life. It contains expert advice for anyone who counsels in short periods of time or "on the run"--perfect for school psychologists, social workers, hospital therapists, clergy, and relatives and friends.

作者介绍:

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