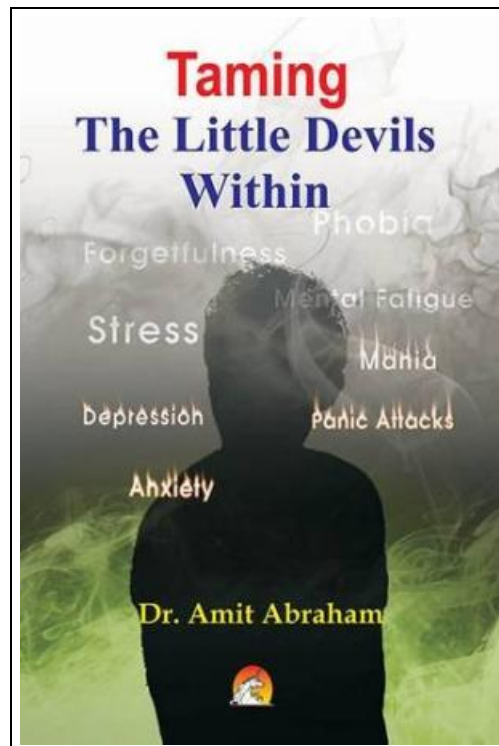


TAMING THE LITTLE DEVILS WITHIN - Stress, Depression, anxiety, Panic Attacks, Phobia



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TAMING THE LITTLE DEVILS WITHIN - STRESS, DEPRESSION, ANXIETY, PANIC ATTACKS, PHOBIA

Unicorn Books, 2010. Paperback. Book Condition: New. You can purchase and read many books on psychological problems; look up the internet for your disorders and get advice on it. You will ask what is different in this book. This book is written based on years of my practical experience and the approach to the problems is dealt in a unique way. This book is unique because it will not only educate you about the various common psychological problems but also enable you to measure/test yourself on them. The measures will let you know if you suffer from one and, if so, to what degree. Having psychological problems are a part of everyone's life and a matter of degree. Knowing the degree is important because it is that which will decide your mental health status and the course of action to be followed. You will also realize that most of the problems are self-created and our rigid attitudes prevent us from making adjustments and changing our lifestyles or ourselves. The advice given in this book is to be followed until it becomes a habit. It is to be followed not only by people who suffer from a psychological problem but also by all if they want to continue having a good mental health.



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