

**DAVID D. BURNS**

*Author of **When I Feel Down** and **Feeling Good***

*El manual de ejercicios de*

# SENTIRSE BIEN

- Mejore su estado de ánimo
- Técnicas de terapia cognitiva para superar la depresión
- Libérese de su ansiedad, sus miedos y sus fobias
- Cómo relacionarse con personas difíciles
- Claves para comunicarse mejor con los demás

# El Manual De Ejercicios De Sentirse Bien

**Padhraic Smyth**



## **El Manual De Ejercicios De Sentirse Bien:**

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