

DAVID D. BURNS

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

El manual de ejercicios de

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- 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

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