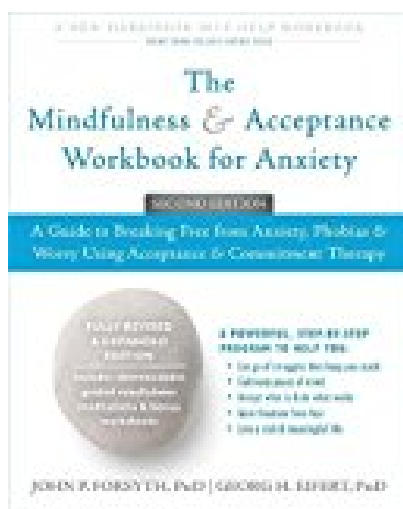


The Mindfulness and Acceptance Workbook for Anxiety A Guide to Breaking Free from Anxiety Phobias and Worry Using Acceptance and Commitment Therapy



BOOK DETAILS

- Author : John P. Forsyth PhD
- Pages : 368 Pages
- Publisher : New Harbinger Publications
- Language : English
- ISBN : 162625334X

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