

Telling Yourself The Truth Find Your Way Out Of Depression Anxiety Fear Anger And Other Common Problems By Applying The Principles Of Misbelief Therapy

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June 28th, 2018 - This book was an easy five stars for me This is a Christian based book that helps you manage depression anxiety fear anger and other common problems by applying the principles of misbelief therapy This is not a new publication but it s tools and messages stand the test of time In a nutshell this book helps one handle their thoughts properly

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