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FORGIVENESS IS REALLY STRANGE



Condition: New. Publisher/Verlag: Jessica Kingsley Publishers | Science-based comic exploring the psychology of the human capacity to forgive | Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches 10 to 21 year olds how they can overcome their biggest worries. Showing that anxiety is a normal human emotion that many people face, this book helps young people understand the ins and outs of their own anxiety and helps them to challenge the difficult...

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