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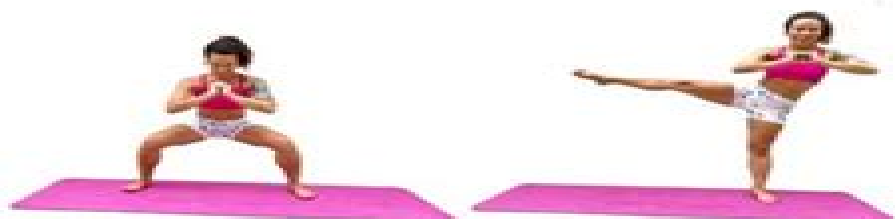
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Handbook of Self-Help Therapies Patti Lou Watkins, George A. Clum, 2007-11-28 This volume constitutes the first solidly research grounded guide for practitioners wending their way through the new maze of self help approaches The Handbook of Self Help Therapies summarizes the current state of our knowledge about what works and what does not disorder by disorder and modality by modality Among the covered topics are self regulation theory anxiety disorders depression childhood disorders eating disorders sexual dysfunctions insomnia problem drinking smoking cessation dieting and weight loss Comprehensive in its scope this systematic objective assessment of self help treatments will be invaluable for practitioners researchers and students in counseling psychology psychiatry and social work health psychology and behavioral medicine

Banish Your Belly, Butt & Thighs in 30 Days! Prevention Health Books Staff, 2001

Prevent Cancer, Strokes, Heart Attacks & Other Deadly Killers Vijaya Nair, 2010-10-05 In this work Nair takes a unique but effective approach to treating some of the most deadly diseases Divided into two parts the book first explains how chronic inflammation is the hidden cause behind many diseases Part two details Nair s top seven anti inflammatory and antioxidant supplements which can prevent and combat disease

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