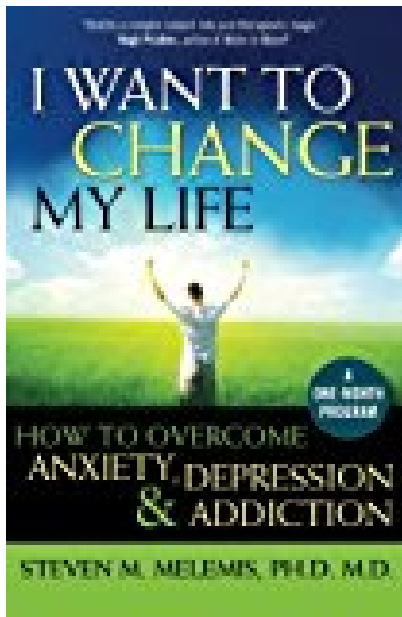


I Want to Change My Life How to Overcome Anxiety Depression and Addiction



BOOK DETAILS

- Author : Steven M Melemis
- Pages : 276 Pages
- Publisher : Modern Therapies
- Language : English
- ISBN : 1897572239

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BOOK SYNOPSIS

A leading expert in addiction and mood disorders shares a five-point plan for overcoming anxiety, depression, and addiction. He describes the symptoms, causes, treatment, and relapse prevention strategies, and includes numerous exercises and a one-month step-by-step program.

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