



Forgiveness is Really Strange

By Noor, Masi / Cantacuzino, Marina

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 patterns they may get into. Co-written with a college student who has experienced anxiety herself, it is a relatable and straightforward guide. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from young people who have managed their symptoms successfully. | Format: Hardback | Language/Sprache: english | 200 gr | 184x124x12 mm | 64 pp.



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Reviews

This is basically the greatest pdf i have got go through right up until now. It normally fails to cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Genoveva Langworth**

This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).

-- **Prof. Mark Ratke Jr.**