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Jessamy Hibberd, Jo Usmar

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La doctora Jessamy Hibberd y Jo Usmar se basan en las últimas investigaciones de terapia cognitiva y en la psicología moderna para proporcionarte técnicas probadas y ejercicios prácticos que te ayudarán a combatir los periodos de depresión y, lo que es más importante, a aumentar tu felicidad, tu salud y tu autoestima.

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