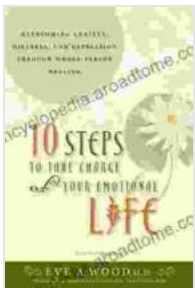


Overcoming Anxiety, Distress, and Depression: A Revolutionary Guide to Whole-Person Healing

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10 Steps to Take Charge of Your Emotional Life: Overcoming Anxiety, Distress, and Depression Through Whole-Person Healing (In One) by David Ovason

★★★★☆ 4.4 out of 5

Language : English

File size : 2936 KB

Text-to-Speech: Enabled

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Print length : 258 pages



Step-by-Step Strategies for Transformation

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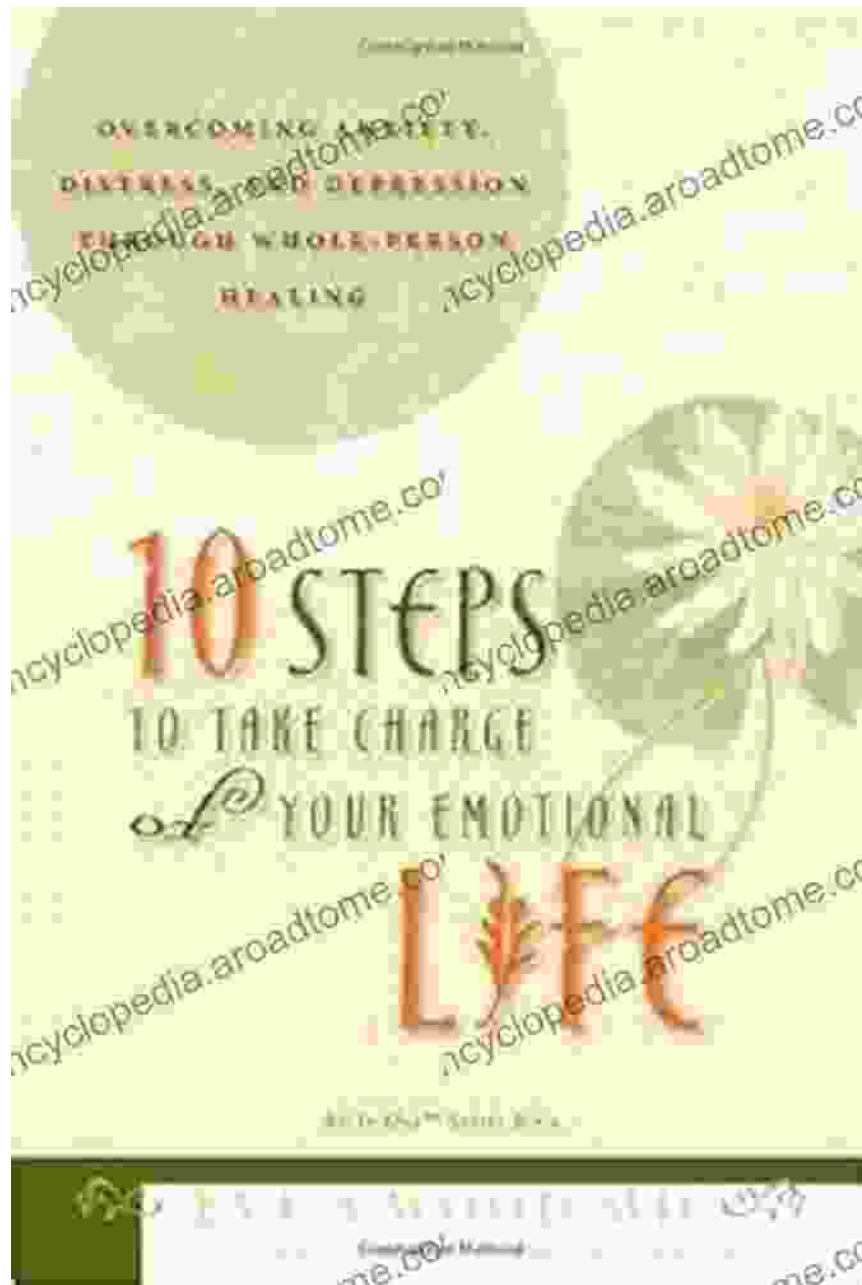
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- Promote physical well-being through nutrition, exercise, and sleep
- Cultivate emotional resilience and self-compassion
- Find meaning and purpose in life

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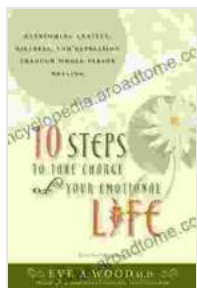
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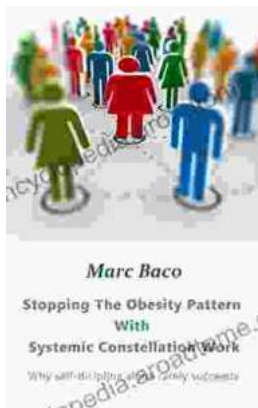
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