



Autoayuda Para Tus Nervios (Improve, Enter) (Spanish Edition)

By Claire Weekes

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Durante su extensa y acreditada carrera profesional, la Dra. Weekes ayudó en su consulta, y con sus publicaciones, a superar los problemas de nervios y estrés a miles de pacientes en todo el mundo. Esta obra ofrece a los lectores la enorme experiencia práctica de la autora, que se convertirá en un aliado para todas aquellas

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