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# HOW TO STAY SANE (MAIN MARKET ED.)



Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, How to Stay Sane (Main Market Ed.), Philippa Perry, The School of Life, There is no simple set of instructions that can guarantee sanity, but if you want to overcome emotional difficulties and become happier, psychotherapist Philippa Perry argues that there are four cornerstones to sanity you can influence to bring about change. By developing your self-observation skills, examining how you relate to others, breaking out of your comfort zone and exploring...

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- Authored by Philippa Perry, The School of Life
- Released at -



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