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I WANT TO CHANGE MY LIFE

A
ONE-MONTH
PROGRAM

How to Overcome Anxiety,
Depression, and Addiction








STEVEN M. MELEMIS, M.D. PH.D.

I Want To Change My Life How Overcome Anxiety Depression And Addiction Steven M Melemis

Bob Scott



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I Want to Change My Life Steven M. Melemis, 2010 A leading expert in addiction and mood disorders shares a five point plan for overcoming anxiety depression and addiction He describes the symptoms causes treatment and relapse prevention strategies and includes numerous exercises and a one month step by step program **I Want to Change My Life** Steven Michael Melemis, 2014 Discover a five point plan for overcoming anxiety depression and addiction Learn the symptoms causes treatment and relapse prevention strategies Learn new coping skills including a new approach to stress management and cognitive therapy and how they can help you The book includes numerous exercises and a one month step by step program to get you started Dr Melemis is a leading expert in addiction and mood disorders who has helped thousands of people improve their lives For more information refer to IWantToChangeMyLife.org        2019-11 1%

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