

# Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook) [Paperback] [2003] 1 Ed. Scott E. Spradlin

By Scott E. Spradlin



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Sales Rank: #5944619 in BooksPublished on: 2002-02-09Binding: Paperback

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