



Forgiveness is Really Strange

By Noor, Masi / Cantacuzino, Marina

Condition: New. Publisher/Verlag: Jessica Kingsley Publishers | Science-based comic exploring the psychology of the human capacity to forgive | Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches 10 to 21 year olds how they can overcome their biggest worries. Showing that anxiety is a normal human emotion that many people face, this book helps young people understand the ins and outs of their own anxiety and helps them to challenge the difficult patterns they may get into. Co-written with a college student who has experienced anxiety herself, it is a relatable and straightforward guide. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from young people who have managed their symptoms successfully. | Format: Hardback | Language/Sprache: english | 200 gr | 184x124x12 mm | 64 pp.



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