



## Viva Tools for Well-Being V!Va (Paperback)

By Katarina Gaborova

Petra Books, Canada, 2015. Paperback. Condition: New. Pocket Book ed.. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Therapeutic well-being through pictures of animals in nature, Haiku poetry and motivational text. 40 self-actualization cards developed by counselor assist people in need and in times of change. Self-actualization (Psychology). Happiness. Immigrants--Psychology. Emigration and immigration--Psychological aspects.



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