



9787563446940 sunshine state of mind(Chinese Edition)

By WU XIAO LI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-05-01 Pages: 227 Publisher: Basic information of Yanbian University Press title: the sun mentality List Price: 29.80 yuan Author: Wu Xiaoli Press: Yanbian University Press Publication Date: May 1, 2012 ISBN : 9787563446940 Words: Pages: 227 Edition: 1st Edition Binding: Paperback: Weight: 399 g Editors' Choice sunshine state of mind told that we should learn from the knowledge of psychology. to understand their psychological conditions. and by the scientific method ability to improve their psychological adjustment. thus helping reason to observe their mood changes. look for the reason of mental disturbance. help yourself to properly deal with the complex reality. in response to a variety of psychological problems. against a variety of mental illnesses. so that their own to come out from the psychological misunderstanding. let their minds no longer confused and distressed. Summary sunshine state of mind is about to do his own psychiatrist. should also actively debugging their own state of mind. adjust their emotions to improve a bad character. and establish a healthy state of mind. an increase in its own EQ. and...



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