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HOW TO COME OUT OF YOUR COMFORT ZONE (PAPERBACK)



SPCK Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We all love comfort - but, psychologically, it can be a real trap, holding you back and keeping you stuck in dead-end situations. Using the principles of Rational Emotive Therapy, this book helps people deal with discomfort in life, with advice on how to get things done, achieve goals and overcome inertia. The book covers the problems of those who take a...

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- Authored by Windy Dryden
- Released at 2012



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