

Telling Yourself The Truth William Backus

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Telling Yourself the Truth can show you how to identify your own misbeliefs and replace them with the truth. Über den Autor und weitere Mitwirkende Dr. William Backus is founder of the Center for Christian Psychological Services, and an ordained clergyman in the Lutheran church.

Telling Yourself the Truth : William Backus : 9780764211935
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Telling Yourself the Truth book by William Backus
About Telling Yourself the Truth. In this insightful book by Backus and Chaplan, the authors point out common misbeliefs that create or exacerbate depression, anxiety, and general unhappiness.

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