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## JUST HELP YOURSELF: THE COMMON SENSE GUIDE TO DEALING WITH LIFE'S UPS AND DOWNS



Hothive Books. Paperback. Book Condition: new. BRAND NEW, Just Help Yourself: The Common Sense Guide to Dealing with Life's Ups and Downs, Tom Lucas, Just Help Yourself offers an alternative approach to dealing with life's stressful times by placing the emphasis on Common Sense Psychology (CSP). This technique focuses on understanding that the real solutions to problems lies within us, not in external sources, and can be uncovered simply by using a little common sense. Using tips that Tom has...

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- Authored by Tom Lucas
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