



101 Strategies for Staying Sane in a Crazy World

By Arnold A. Lazarus & Clifford N. Lazarus

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. Remarkable good and clear advice on how to handle many of the most common kinds of emotional and behavioral problems. Includes many unusually sensible suggestions for refusing to unduly upset oneself in an often irrational world. Printed Pages: 176.



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