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ISBN	0-19-972726-0
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Soggetti	Obsessive-compulsive disorder Compulsive hoarding
Lingua di pubblicazione	Inglese
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Sommario/riassunto	1. How to use this Book 2. What is Compulsive Hoarding? 3. How did this Happen? 4. Meet the Bad Guys 5. Meet the Good Guys: Cognitive-Behavioral Strategies for Beating Hoarding 6. Enhancing Motivation 7. Sorting/Discarding: Getting Ready 8. Sorting/Discarding: Let's Go! 9. Help with Reducing Acquiring 10. Here come the bad guys: Part 1. Motivation and Working Time 11. Here come the bad guys: Part 2. Motivation and taking on the brain 12. Maintaining your Gains

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ISSN	2328-6962
Disciplina	946
Soggetti	Latin American literature - History and criticism Spanish literature - History and criticism Civilization, Hispanic Litterature hispano-americaine - Histoire et critique Civilisation hispanique Latin American literature Spanish literature Periodicals. Literatura Ameryki acinskiej Literatura hiszpanska Czasopismo literaturoznawcze Criticism, interpretation, etc. Espagne Etude et enseignement Periodiques Amerique latine Etude et enseignement Periodiques
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