

Overcoming Paranoid & Suspicious Thoughts - Daniel Freeman

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Do you often suspect the worst of others? Mild to moderate paranoia, or mistrust of other people, is on the increase, and although it may feel justifiable at the time, unfounded suspicions of this kind can make life a misery. Research says between 20 and 30 per cent of people in the UK frequently have suspicious or paranoid thoughts. This is the first self-help guide to coping with what can be a debilitating condition. Author: Freeman, Daniel Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Paranoid & Suspicious Thoughts Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105783 Category: Psychology : Cognitive Psychology

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