



Coping: A practical guide for people with life-challenging diseases and their caregivers

Rubin Battino

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Coping: A practical guide for people with life-challenging diseases and their caregivers Rubin Battino
A practical guide for those living with or dealing with life-challenging diseases. Coping features a wide range of techniques and exercises that have proved to have a healing influence. " An excellent source of information and wisdom" Bernie Siegel MD, author of Love, Medicine & Miracles and Prescriptions for Living

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