
Starving The Stress Gremlin

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Starving The Stress Gremlin
She presently runs a successful independent consultancy practice which provides cognitive behavioural therapy, counselling, coaching and training, and is head of the Psychological and Criminological Research Division. She is the author of Starving the Anger Gremlin, Starving the Anxiety Gremlin and Starving the Stress Gremlin.
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