

"THE PERFECT HANDBOOK TO HELPING YOURSELF."
—Professor Robert Leahy, Director of the American Institute for Cognitive Therapy
and author of *The Worry Cure*

KNOW YOUR MIND

THE COMPLETE FAMILY REFERENCE
GUIDE TO EMOTIONAL HEALTH

SELF-DIAGNOSIS TOOLS AND TESTS
WHEN TO SEEK PROFESSIONAL HELP
SIMPLE PLANS FOR STAYING WELL
COMPREHENSIVE LIST OF RESOURCES
SPECIAL SECTION FOR CHILDREN

DR. DANIEL FREEMAN & JASON FREEMAN

Know Your Mind

Roman Wölfel



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