

The Dialectical Behavior Therapy Skills Workbook For Anger: Using DBT Mindfulness And Emotion Regulation Skills To Manage Anger By Alexander L. Chapman PhD RPsych;Kim L. Gratz PhD

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The Dialectical Behavior Therapy Skills Workbook for Anxiety alexander l. chapman, Phd, kim l. Gratz, Phd, and Matthew t. tull and emotion regulation research

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