



Apo Prigkipas Vatrahos . Kai Toumpalin (Prince to Frog- Greek Edition): Applied Psychological Techniques to Change Yourself - Or Others (Paperback)

By Dr Angelos Rodafinos

Angelos Rodafinos, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: Greek . Brand New Book ***** Print on Demand *****.We are all born beautiful babies, adorned by parents and friends, with potential to become real princes. However, at some stage, around 30 - for some later, for others even earlier- most of us, instead of would-be princes, we become frogs, as a result of the bad habits (poor nutrition, maladaptive thinking, bad companies, etc.) that we adopt along the way. and so on. How can one revert to being a prince once again? One solution is to wait for the kiss of the princess. The other is to read this book. -Would you like to stop smoking or drinking? -Do you have a weight problem, would you like to improve your diet? -Do you find it difficult to adhere to your exercise/fitness schedule? -Do you wish to get over a past relationship? -Do you bite your fingernails? -Do you watch too much Electronic Income Reducer (TV)? -Do you wish you could study more? Complete your assignments on time? -Are you constantly late to work, school, or appointments? -Would you like to be able to get up...



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