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THE BOOK FOR

NORMAL NEUROTICS

DR. ALLAN FROMME

IS YOUR LIFE OUT OF CONTROL?

DO YOU HAVE THE SAME PROBLEMS YOU'VE HAD FOR YEARS?

WE ALL FEEL NEUROTIC SOME OF THE TIME.

HERE IS THE GUIDE TO HELP YOU BECOME MORE NORMAL—THAN NEUROTIC—HAPPIER AND MORE EFFECTIVE IN YOUR EVERYDAY LIFE.

"...ACCENTS THE POSITIVE."
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The For Normal Neurotics

Jin-Ying Zhang



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