



How to Be Awake and Alive

By Mildred Newman, Bernard Berkowitz

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Author's psychoanalytic wisdom shows in a common-sense way how ideas, prejudices and fears, developed when we were very young, can prevent us from achieving happiness today.

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How to Be Awake and Alive By Mildred Newman, Bernard Berkowitz Bibliography

- Sales Rank: #725097 in Books
- Published on: 1975
- Number of items: 1
- Binding: Hardcover
- 112 pages

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