Exposing people to the things that they try hard to avoid - things like fears, and phobias, and painful memories - has long been a standard therapeutic technique. The same kind of exposure response prevention (ERP) has now become a major theory in addiction treatment. Even though ERP conflicts with traditional approaches, breakthrough studies have begun to appear that find that ERP has an impressive long-term effectiveness rating.

http://bit.ly/XARg6M


Why Do Drugs Cost So Much? And Why Are We So Darn Sick?, Joe, Ruth, Jun 1, 2008, Health & Fitness, 428 pages. Life is made up of a series of journeys, some small, some large. How we handle these journeys and which roads we ultimately travel, define our characteristics and the way.

Deep Listening Uncovering the Hidden Meanings in Everyday Conversation, Robert E. Haskell, Jan 1, 2001, Psychology, 222 pages. The author takes readers on a fascinating tour of the unconscious, revealing how people often use feelings, sounds, and language to both express and hide meaning in conversation..

How to Write Articles That Sell , L. Perry Wilbur, Jon Samsel, 1999, Language Arts & Disciplines, 211 pages. Demonstrates how to research, organize, and write articles, contact publishers, and find fresh subjects, and describes what it is like to be a professional writer.

All A's All Ways A Professor Reveals the Secrets to Success, Benjamin Bloch, Jan 1, 2005, Education, 263 pages. Do not settle for an education that is already obsolete. For students and parents alike, this book is your ultimate school and beyond survival guide. An experienced professor.

Late, Lost and Unprepared A Parents' Guide to Helping Children with Executive Functioning, Joyce Cooper-Kahn, Laurie C. Dietzel, 2008, Education, 217 pages. The groundbreaking, nationally recognized Next Chapter Book Club (NCBC) provides rewarding learning and social opportunities for hundreds of people with intellectual.

What Employers Really Want The Insider's Guide to Getting a Job, Barbara Spencer Hawk, 1998, Business & Economics, 249 pages. Shares the views of managers on the kinds of employees for which they are looking, and discusses resumes, interviews, and job search strategy.


Interview Fitness Training , Carole Hurd Martin, 2005, Employment interviewing, 104 pages.

Interview Power Selling Yourself Face to Face, Tom Washington, 1995, Employment interviewing, 234 pages. Preparing readers for virtually anything that can happen in an interview, this guide shows them how to take objections or criticism and turn them into job offers; how to control.


An Affair of the Mind One Woman's Courageous Battle to Salvage Her Family from the Devastation of Pornography, Laurie Hall, 1996, Philosophy, 268 pages. Relates the experience of a woman who struggled with her husband’s addiction to pornography.

Career Change , David Helfand, May 11, 1999, Business & Economics, 379 pages. Looks at reasons for a career change, offers advice on training, finances, and job search strategies, and discusses challenges facing specific types of job hunters.


Winning Job Interviews Reduce Interview Anxiety; Outprepare the Other Candidates; Land the Job You Love, Paul Powers, Aug 21, 2008, Business & Economics,. In this easy-to-follow, step-by-step book, Dr. Paul Powers demystifies job interviewing, explains why the process actually favors the job hunter, and shows how you can.
The Roman War Machine, John Peddie, 1994, Military art and science, 169 pages

Think Fast! The ADD Experience, Thom Hartmann, Janie Bowman, Susan Burgess, 1996, Family & Relationships, 233 pages. Presents a selection of writings, dialogues, anecdotes, experiences, and personal advice on Attention Deficit Disorder that address such topics as medication and therapeutic

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Early Childhood Themes Through the Year, Debbie Thompson, 1993, Education, 400 pages. Each of 36 weekly themes is accompanied by a list of materials, patterns, activities, and more.

A Self-Study Grammar Book for Engineers, Sínia Oliver del Olmo, Mónica Soler Lorente, Sonia Del Olmo Oliver, 2010, Foreign Language Study, 192 pages. A Self-Study Grammar Book for Engineers es un llibre d'autoaprenentatge de la llengua anglesa en l'ambit de les carreres tecniques i, d'una manera especial, per a l'alumnat.

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A Land fit for heroin? drug policies, prevention and practice, Nicholas Dorn, Nigel South, Sep 25, 1987, Political Science, 187 pages
Roman Art, Donald Emrys Strong, Jocelyn M. C. Toynbee, 1995, Art, 406 pages. First published in 1976, this standard work on the subject traces the development of Roman art from its beginnings to the end of the fourth century AD, embracing the monuments
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Breastfeeding and natural child spacing how "ecological" breastfeeding spaces babies, Sheila Kippley, 1989, Health & Fitness, 208 pages. This is an updated & revised edition of Sheila Kippley's highly acclaimed book which helped launch a decade a research on breastfeeding & the natural infertility it creates.

Jack and the Beanstalk Retold in Verse for Boys and Girls to Read Themselves, Sep 1, 1990, Fairy tales., 46 pages. Retells in verse the old tale of the boy who climbed a beanstalk, killed a giant, and won a fortune.

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The Cutting Edge 50 Years of British Fashion, 1947-1997, Amy De La Haye, 1997, Crafts & Hobbies, 208 pages. Published to coincide with the opening of the exhibition of the same name at the Victoria and Albert Museum in March of 1997, this compendium spans 50 years of British fashion.

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The Edgar Cayce Handbook for Health Through Drugless Therapy, Harold J. Reilly, Jan 1, 1988, Health & Fitness, 348 pages. Dr. Reilly, a practitioner with forty-five years' experience in the Edgar Cayce therapies, combined the renowned psychic's wisdom with his own experience in this home health download.

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