

И. В. Стишенок

# ТРЕНИНГ УВЕРЕННОСТИ В СЕБЕ

Развитие и реализация  
НОВЫХ ВОЗМОЖНОСТЕЙ

- Как достичь цели
- Как выразить свои чувства
- Как жить в мире с собой и другими
- Как научиться слушать свой внутренний голос

# Psikhologiia Neudachnika Trening Uverennosti V Sebe

**Sebastian Brünink**



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