



What to Do When You Don't Know What to Do: Bad Habits and Addictions: Bad Habits & Addictions

Henry Cloud, John Townsend

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Based on the incredible success of the book *What to Do When You Don't Know What to Do*, Dr. Henry Cloud and Dr. John Townsend offer a line of books that address specific crises and some of the most prevalent problems facing our culture today. These books give readers a starting point to deal with their problems. Beautifully designed in a full-color small format, these books are perfect for giving to a friend in distress.

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