

Judul:

Mindfulness for the next generation: helping emerging adults manage stress and lead healthier lives

Pengarang/Penulis:

Rogers, Holly, author

Subjek:

Mindfulness-based cognitive therapy; College students -- Mental health

Nomor Panggil:

155.904 2 ROG m

Penerbitan:

Oxford University Press

Link Terkait:

- [Deskripsi Bibliografi](#)
- [Abstrak](#)
- [Dokumen Yang Mirip](#)
- [Universitas Indonesia Library](#)