

Universitas Indonesia Library >> Buku Teks

Judul:

The now effect : how this moment can change the rest of your life

Pengarang/Penulis:

Goldstein, Elisha, author

Subjek:

Meditation -- Health aspects; Mindfulness-based cognitive therapy; Self-Help

Nomor Panggil:

616.891 425 GOL n

Penerbitan:

Atria Books

Link Terkait:

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