



## At the Therapist

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Publisher : Gallimard Jeunesse

Category : Children's Books

Genres : Non-Fiction Children's Books

Keywords : Apprenticeship - Growing up - Psychology

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Psychologists help us to get to know ourselves better, so that we can love life and people better.

Emotions are very strong; fears, jealousy, anger, separations, and sorrows of all kinds can overwhelm us. Sometimes we don't know how to express them, or we don't dare to. That's when a visit to a psychologist can do us a lot of good.

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Sales in France: 800,000 copies

Rights Sold: Greece, Hungary, Italy, Korea, Romania, Turkey

Date : 25/05/2023

Pages : 28

Format cm : 18 x 21

Prix : 6.9

EAN : 9782075187077