



Type A Behavior: Its Diagnosis and Treatment (Prevention in Practice Library)

Meyer Friedman

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Meyer Friedman, the physician who first identified Type A behavior (TAB), here offers a full description of the most effective way to correctly diagnose it. This guidebook offers a step-by-step description of his revolutionary method that has proven successful in treating thousands of TAB sufferers, in many cases, alleviating it completely. A truly unique resource, *Type A Behavior* features drawings and photographs illustrating the psychomotor signs of TAB. A special appendix lists a series of quotations found especially useful for changing some of the false belief systems held by TAB subjects.

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