

The Hardcore Self-Help Podcast with Duff the Psych

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Synopsis

author	Robert Duff
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Hey, friends! My name is Robert. I am a neuropsychologist and self-help author. In this podcast, I interview fascinating individuals and provide information about psychology, mental health, neuroscience, relationships, and more. I have been told that I ask amazing questions and that I am talented at breaking down complex science into digestible information. Come have a listen and let me know if you agree!

Reader's comments

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