

## **Navigating tomorrow: understanding future anxiety and fostering resilience in Pakistan's COVID-19 era**

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Journal of Namibian studies : history politics culture

2023; 38:59-77

### **ARTICLE IDENTIFIERS**

DOI: 10.59670/cejb8q17

PMID: unavailable

PMCID: not available

### **JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 2197-5523

eISSN: not available

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.