



What To Do When Your Therapist Isn't There (Paperback)

By Nina Danielson

Hatherleigh Press,U.S., United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. You Can't Live in Your Therapist's Office If you've ever wandered through the self-help section of a bookstore and wondered whether you need the textbook on codependence or the treatise on self-esteem, the encyclopedia on anxiety or the reference on grief - and you certainly don't have time to read them all - then this book is for you. In our fast-paced reality-TV talk-show world, it seems everyone's got issues. Do you have the tools to deal most effectively with yours? Whether your therapist is away, can't be reached by phone, or you're simply not in therapy at the moment, this is the guide that tells you What To Do When Your Therapist Isn't There. A sensitive and intelligent, yet humorous and practical introduction to everyday psychological issues, the book can help you: - break out of self-defeating patterns - stop getting stuck in dysfunctional relationships - gain deeper insight into how to deal with your depression, traumatic life experiences, or fears of intimacy Find out why you do what you do, and feel what you feel -...



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