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Portable Therapist (Paperback)

By Susanna McMahon

Dell, United States, 1994. Paperback. Condition: New. Reprint. Language: English . Brand New Book. An inspiring book that can give guidance and comfort to the reader. --Barbara De Angelis, Ph. D., author of Real Moments The Journey to Self-Love, Self-Discovery, and Finding Life s True Meaning Begins with . . . You Each of us has the power to find true happiness, and to discover a sense of purpose in our lives. This remarkable book will help you find your own answers to life s most difficult questions and guide you on your quest to change and grow, to live in the moment, and to feel the pure unadulterated joy of being alive. Drawing from questions her patients ask most, psychologist Susanna McMahon teaches you how to deal with the issues you care about--from self-love to destructive behavior to loving relationships. The Portable Therapist is more than a practical guide to emotional healing and wellness. It is effective medicine for the troubled soul. With compassion, wisdom, and enlightening ideas, it encourages you to be true to yourself, develop social interests, and discover the positive, capable, confident human being you are meant to be. Discover the Answers to These and Other...



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