



Help Me!: A Psychotherapist s Tried-And-True Techniques for a Happier Relationship with Yourself and the People You Love (Paperback)

By Richard B Joelson

Health Psychology Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In Help Me! A Psychotherapist s Tried-and-True Techniques for a Happier Relationship with Yourself and the People You Love, Dr. Richard Joelson, a respected psychotherapist with a loyal and long-time counseling practice, presents real-life challenges and the practical solutions that have worked for his patients. His insights are accessible and valuable for people in psychotherapy treatment, but also provide guidance for those who have not yet been able to find the help they need. The essays in Help Me! address a variety of topics to enlighten, inform, and educate readers. They are tools to increase knowledge, strengthen personal resources, and contribute to overall well-being. Topics including anxiety, depression, stress management, relationship counseling, self esteem, and trauma are addressed in a conversational yet concrete manner. Dr. Joelson believes that when we become informed consumers regarding mental health and available counseling or psychotherapy services, obtaining proper treatment is much more likely and enduring. As a practicing psychotherapist for over four decades, he is gratified when clients obtain benefit from a new way of understanding an issue with which they have struggled. He recognizes that...



READ ONLINE
[5.24 MB]

Reviews

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Edwardo Rohan III**

An exceptional pdf as well as the font employed was intriguing to read through. This is certainly for all who statte there was not a worthy of reading through. I am just delighted to inform you that here is the very best publication i actually have go through inside my very own existence and might be he finest pdf for actually.

-- **Saige Lang**