

## Sheryl the Shrink, Says.: People Heal When the Talk Is Real!



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### **Reviews**

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(Janelle Kub PhD)*

## SHERYL THE SHRINK, SAYS.: PEOPLE HEAL WHEN THE TALK IS REAL!

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AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There is an overwhelming sense of calm with every word that Sheryl pens to a page. Her professionalism is commendable while her fun-loving approach, an absolute joy. ---Gemma P. Sheryl the Shrink, says, gives such a positive perspective on our human experiences. It offers humbling reminders on how we can enrich our lives with a healthy conscience. ---Anne Y. I have been reading Sheryl the Shrink, says blogs since its inception and I am grateful to Sheryl for using everyday topics of which I can relate. ---Nicholas T. Sheryl captures the differences between love and attachment within one paragraph, concluding with the line, Love comes from the heart; attachment comes from the head. Always listen to your heart! This is a quote that one can easily read, remember, and apply! ---Lauren H. Sheryl the Shrink, says is my go-to series for insight and inspiration. I love how Sheryl is able to slice through the jargon and get to the heart of the matter. The advice is straightforward and framed in common language that is clear and concise. ---Greg J. I love and truly look forward to posts by Sheryl the Shrink. The advice is always spot on, relevant and presented in a way that makes you think. ---Ruby G. Sheryl the Shrink, says, is a compilation of insights, life lessons, observations and strategies by psychotherapist, Sheryl Schembari, LCSW. Sheryl provides practical solutions to common issues that often create barriers in people's lives. According to Sheryl, The pearls of wisdom contained in this book have helped me, family members, friends, and clients to live according to our authentic selves. Emotional freedom is a blessing that most of...

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