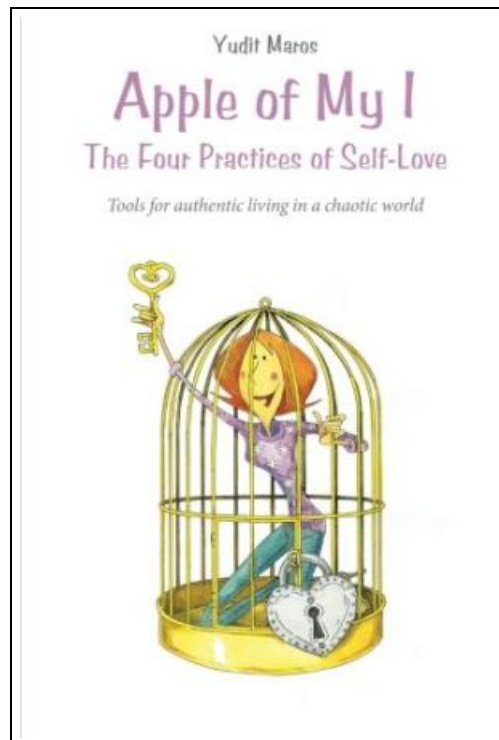


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Reviews

Thorough manual for publication fanatics. It is actually rally intriguing through reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think.




(Morris Schultz)

APPLE OF MY I: THE FOUR PRACTICES OF SELF-LOVE: TOOLS FOR AUTHENTIC LIVING IN A CHAOTIC WORLD (PAPERBACK)



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Balboa Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. An exquisitely simple and elegant method that distills the profound complexities of the human soul. Christine Farber, Ph.D. A deeply sincere, generous and valuable contribution to our self-help literature. Ilona Sakalauskas, LCSW, RN In *Apple of My I: The Four Practices of Self-Love*, sought-after psychotherapist Yudit Maros reveals the true--and practical--meaning of the age-old wisdom: The answers are within you. The self-help tool called Authenticity Method may well be the equivalent of years worth of psychotherapy. It works by translating the body's messages into healthy actions. Through detailed instructions, a rich array of self-help exercises, case examples, and a thorough understanding of what makes us humans tick, you will learn how to: - love and accept your true self - find out how you feel and what you need to be well - relax yourself - assert yourself to those around you - help those you love to feel better and be more open and healthy - improve your emotional and physical health - heal your relationships - understand the recurring patterns in your life. Self-help has never been more accessible, and even entertaining - while this book is a leading-edge, comprehensive guide to emotional health. With a wealth of over two decades of experience as a psychotherapist, and the disciplined mind of a scientist, Yudit Maros distills the best practices in psychotherapy into a state-of-the-art self-help tool. Mental-health professionals and the layperson alike will benefit from learning how the artesian well of the body provides an incessant flow of information about our true feelings and needs, and guidance for what to do next to feel better.

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