

QUICK FIXES & SMALL COMFORTS

*How Every Woman Can Resist
Those Irresistible Urges*

- Eating • Shopping
- Yelling • Napping
- Smoking • Drinking
- Redecorating
- Cleaning and
Other Compulsions



DR. GEORGIA WITKIN

Quick Fixes And Small Comforts How Every Woman Can Resist Those Irresistible Urges

S Ashworth



Quick Fixes And Small Comforts How Every Woman Can Resist Those Irresistible Urges:

Quick Fixes and Small Comforts Georgia Witkin,1993-04-01

Quick Fixes & Small Comforts Georgia Witkin,1988

The author of *The Female Stress Syndrome* and *The Male Stress Syndrome* examines women's compulsive behavior dependencies and addictions from shopping eating telephoning and redecorating to more serious dependencies such as drugs and alcohol

When the Body Is the Target Sharon Klayman Farber,2002-11-05 In this comprehensive and insightful work Dr Sharon K Farber provides an invaluable resource for the mental health professional who is struggling to understand self harm and its origins Using attachment theory to explain how addictive connections to pain and suffering develop she discusses various kinds and functions of self harm behavior From eating disorders to body modifications such as tattooing Dr Farber explores the language of self harm and the translation of that language and its psychic functions in the therapeutic setting She tells us When the body weeps tears of blood we need to wonder what terrible sorrows cannot be spoken Brilliantly illustrated with rich clinical material this book offers a practical approach to the diagnosis assessment and treatment of the increasing number of patients whose emotions are expressed through bodily harm The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing Finally she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind body psyche and soul and can serve as the cornerstone of therapeutic change A Jason Aronson Book

Dematerializing Jane

Hammerslough,2009-02-23 Getting what you want today is increasingly linked to buying something But is the purchase always enough Picking up where simplifying may not satisfy *Dematerializing* acknowledges the pleasures along with the pitfalls of living in a material world With a sharp reporter's eye and a wry sensibility Jane Hammerslough encourages readers to explore how a consumption crazed culture affects their own relationships with objects By considering what possessions can and can't do and by exploring where belief in the magic of the material encroaches on belief in ourselves and other people *Dematerializing* offers insight into the pressures of living in a possession obsessed environment and ways to tame materialism in our own lives Grounded by real world examples research and the author's own experience this inspiring book is for those who appreciate having nice things but are also disturbed by the control nice things sometimes have on their lives

The End of Motherhood Jo Ann Lordahl,1990 Jo Ann Lordahl examines all aspects of a woman's mid life and shows how the skills learned in motherhood can now be used to empower women and improve society *The End of Motherhood* leads the reader through recovery and beyond to spiritual growth and fulfillment

Kirkus Reviews ,1988 Adult books are categorized by genre i.e fiction mystery science fiction nonfiction Along with bibliographic information the expected date of publication and the names of literary agents for individual titles are provided Starred reviews serve several functions In the adult section they mark potential bestsellers major promotions book club selections and just very good books in the children

s section they denote books of very high quality The unsigned reviews manage to be discerning and sometimes quite critical

Jim Kobak's Kirkus Reviews ,1988 **Negaholics** Cherie Carter-Scott,1996 Easy to read with plenty of case studies and fine advice Milwaukee Journal Do you sometimes focus on all time times you blew it and things didn t work out Do you often find yourself expecting the worst so as not to be disappointed When friends compliment you do you brush it off dismiss it or look for an ulterior motive If you answered yes to any of these questions you could be a Negaholic and ready to find help and hope in this book From the Paperback edition The Cumulative Book Index ,1989 A world list of books in the English language Health ,1988 **Cataloging Bulletin** Hennepin County Library. Cataloging Section,1987 *New Books on Women and Feminism* ,1989 The Publishers' Trade List Annual ,1991 **Forthcoming Books** Rose Arny,1988-09

American Book Publishing Record ,1988 *Subject Guide to Books in Print* ,1975 *Frank Leslie's Illustrated Newspaper* John Albert Sleicher,1879 Frank Leslie's Illustrated Newspaper ,1901 The Ladies' Home Journal ,1921

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