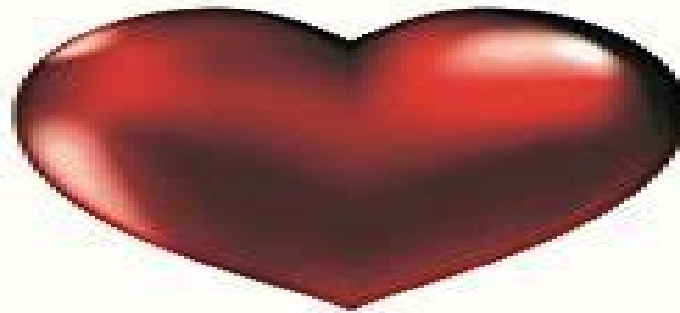


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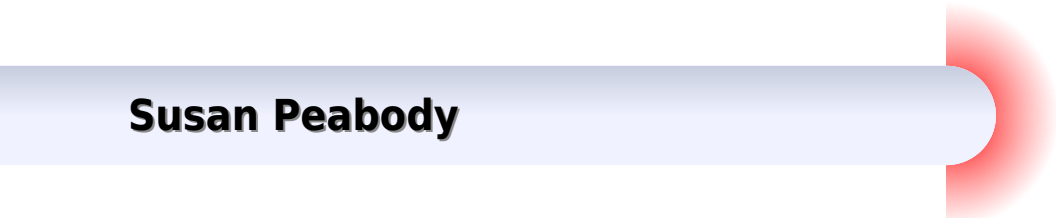
A Guide to Emotional Independence



Martha R. Bireda, Ph.D.

Love Addiction A Guide To Emotional Independence

Susan Peabody



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Addictions Counseling Today Kevin Alderson,2019-12-03 Focusing on the new DSM V classifications for addiction with an emphasis on CACREP neuroscience and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction *Recovery Workbook for Love*

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psychotherapist and nutritionist **A User's Guide to Therapy: What to Expect and How You Can Benefit** Tamara L. Kaiser,2008-10-14 A guidebook to understanding and getting the most out of therapy This book is for clients and for clinicians to recommend to their clients who want to enhance the process of psychotherapy and get the most out of a therapeutic relationship Kaiser writes in a friendly accessible tone and explains what exactly therapy is and how it works including the beginning middle and ending stages of the therapy process She elaborates on the dynamics of the relationship between therapist and client including such issues as power boundaries trust and termination and describes the four common factors of change the client the therapeutic relationship hope and technique Furthermore she explains the basic aspects of brain development and how psychotherapy physically changes the brain This book familiarizes potential clients

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