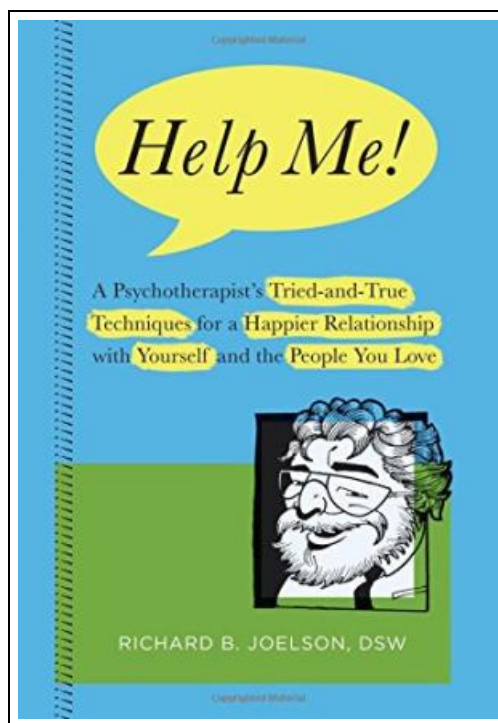


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HELP ME!: A PSYCHOTHERAPIST'S TRIED-AND-TRUE TECHNIQUES FOR A HAPPIER RELATIONSHIP WITH YOURSELF AND THE PEOPLE YOU LOVE (PAPERBACK)



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 sometimes this happens best in a clinical setting but other times people can benefit from a good self-help book. That's where *Help Me!* comes in.



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