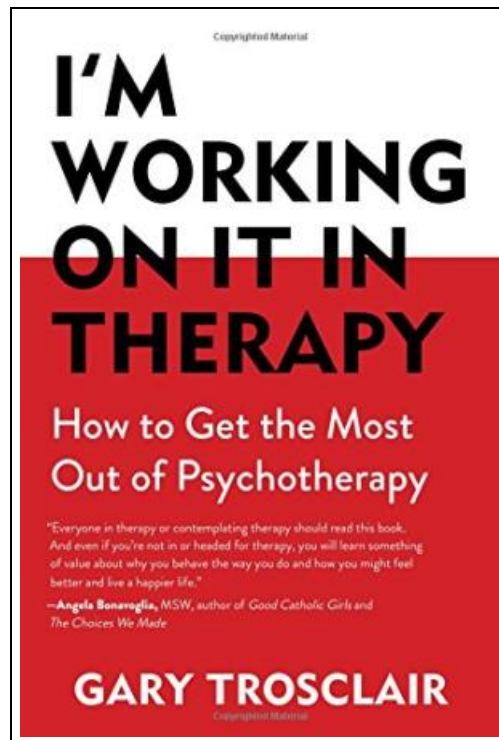


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Skyhorse Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Learn to get the most out of therapy to unlock your best self Millions of Americans will go to therapy this year, but veteran psychotherapist Gary Trosclair believes the vast majority of them will start the process with little to no sense of how to best use their sessions to achieve their goals. Recent research has identified effective client participation as one of the most crucial factors in successful therapy. What can one do to get the most out of their sessions to create lasting positive changes in their lives? What does it look like to work on it in therapy? Trosclair covers these points and more, combining cutting-edge scientific research with years of fascinating anecdotal evidence to create a guide that is as compelling as it is indispensable. It teaches readers how to take off their masks and be real with their therapists, how to deal with emotions that arise in session, how to continue their psychological work outside of sessions, how to know when it's time to say goodbye to their therapists, and much more. Whether you're already in therapy and looking to make more out of each appointment, or you're thinking of starting the process and want to go in with a game plan, I m Working on It in Therapy will show you how you can make every session count towards becoming your best possible self.

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