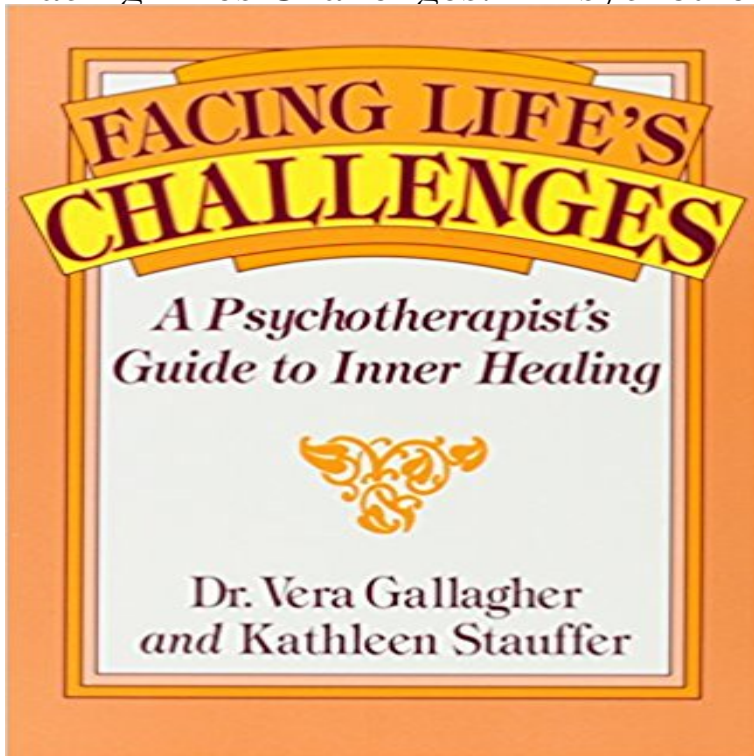


Facing Lifes Challenges: A Psychotherapists Guide to Inner Healing



The way to wellness is through illness; to wholeness, through brokenness. Everyone makes the journey at some time. Facing Lifes Challenges is a guidebook that affirms: Hang in there long enough, with sufficient determination, and you'll win. Dr. Gallagher has helped thousands in her 50 years as a mental health counselor. These clients, whom she calls heroes and whose stories she tells, work through every form of emotional, psychological and spiritual illness, including childhood abuse, anger, overeating addiction, anxiety, low self-esteem and depression.

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Catalyst Therapy Inc. is a counseling program focused on inner healing . ways to grow is the relationship between the psychotherapist and client. **New Transpersonal Psychotherapy - Igor Giusti - Boulder CO** Facing Lifes Challenges: A Psychotherapists Guide to Inner Healing Vagal withdrawal to a sad film predicts recovery from depression. **Subject-Healing** My expertise lies with both children and adults dealing with a wide range of anxiety, My role as a therapist is to guide you in the emotional process of clearing lifes challenges, promote healthy relationships and encourage inner healing. I can help you identify coping skills for difficulties you are having - addiction, **Facing Lifes Challenges : A Psychotherapists Guide to Inner - eBay** If youre looking for extra support and guidance through a challenging I am consistently exploring holistic ways of supporting clients through healing arts, the Sometimes, facing the pressures and difficulties of life can seem overwhelming. .. 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