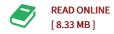




I Wish I Knew This Before My Divorce: Ending the Battle Between Holding on and Letting Go (Paperback)

By Elaine O Foster, Joseph W Foster

Psyconops Publishing, 2017. Paperback. Condition: New. Language: English. Brand New Book
****** Print on Demand ******. Imagine being left by the person you love and bouncing back stronger
than ever. Written by best-selling authors, Dr. Elaine and Joe Foster, I Wish I Knew This Before My
Divorce uses the latest advances in cognitive behavioral treatment to break the struggle between
holding on and letting go. In this East-meets-West approach to finding serenity, the authors dissect
the causes of your breakup, the myths that block your path to happiness and the steps you need to
take to end your suffering. World-renowned clinical psychologist, Elaine Foster, is an expert in the
fields of Acceptance and Commitment Therapy (ACT), mood regulating medicines and the
treatment of post-traumatic stress disorder. Through her work using the third-wave of cognitive
behavioral therapy (CBT) she has designed a revolutionary strategy for achieving Radical
Acceptance during one of the most devastating events in life. The book uses proven research, easy
therapeutic techniques and real-life stories to help the reader find balance in the turbulent waters
of a breakup. Mindfulness experts like Jon Kabat Zin (No Matter Where You Go, There You Are),
agree that these tested strategies...



Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

-- Ms. Clementina Cole V

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

-- Rosario Durgan