



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...



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Reviews

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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.

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