



## Making Therapy Work: A Client's Guide to Healing and Growing in Therapy (Paperback)

By Michael Elliot

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Making Therapy Work A Client's Guide to Growing and Healing in Therapy -What am I supposed to talk about in therapy? -How long should therapy take? -How does therapy work? -Can my therapist help me? -What can I do to make my therapy work better? -Should I find a different therapist? An indispensable must-read guide for Healing, Growth, and Personal Change in therapy Many people describe therapy as being, Hard work, but worth it! How exactly are you supposed to do that hard work, and what does it mean that it's worth it? Going to therapy is one of the best decisions you will ever make. However, many clients are unsure if they are taking advantage of their therapy correctly or if they are even doing it right at all. This book is the first of its kind and offers clients and therapists a clear down-to-earth explanation of how therapy works and what clients can do to participate the most effective way to heal and grow in therapy. In this book you will learn everything you need to know to...



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