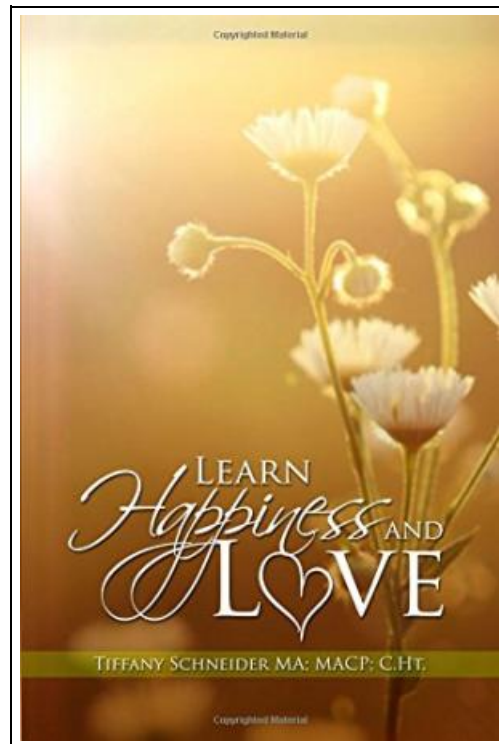


Learn Happiness and Love: Guided Lessons (Paperback)



Filesize: 4.52 MB

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(Prof. Edgar Kshlerin)*

LEARN HAPPINESS AND LOVE: GUIDED LESSONS (PAPERBACK)



Dorrance Publishing Co., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn Happiness and Love is a self-help book to guide readers on how to have better relationships and be happier in general. Author Tiffany Schneider was suffering in her own personal relationship and was very unhappy. She was working as a counselor after having received a master s in counseling psychology. She worked with individual adults, couples, and teens, teaching them how to be happier and have more effective relationships. So then she decided to start writing lessons to herself about what she had learned in the years studying psychology and spirituality and to do research on her questions. She also wanted to include what she had learned working in clinical practice with people and within her own life. She decided to share her observations and learnings with others as she realized that everyone can use more help and learning on how to do relationships effectively and what being happy really takes and means. During that time, Tiffany also realized that traditional counseling is not appealing or available to many people for reasons of privacy or accessibility. She wanted to give people tools they could learn on their own without having to expose their problems or pay a lot of money to receive. Because she studied transpersonal psychology and is a certified hypnotherapist and a process therapist, she wanted to blend techniques from spirituality, cultural understandings, alternative healing therapies, and more mindfulness-oriented perceptions of what makes for good relationships and a happy individual and not just a psychodynamic or traditional psychology approach or tools. Finally, she included a practical component to each lesson to help readers experience and practice the theories they learn in each lesson. Each lesson is short...



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