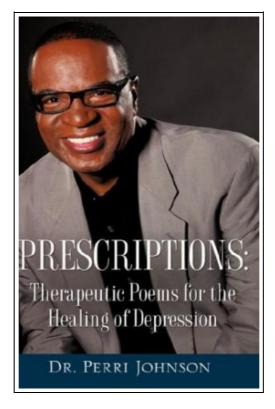
Prescriptions: Therapeutic Poems for the Healing of Depression



Filesize: 5.5 MB

Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think. (Felicia Nikolaus)

PRESCRIPTIONS: THERAPEUTIC POEMS FOR THE HEALING OF DEPRESSION



Xulon Press, United States, 2008. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Prescriptions is a self-help book which combines poems to help heal depression with a discussion of the causes of depression and how to overcome it. It can be read straight through to gain a broad-based understanding of treating depression or readers can select poems with specific therapeutic qualities. It is written for those who are or have been depressed in reaction to repeated disappointments, relationship demise, family discord, loss, spiritual warfare, aloneness, and overwhelming stress. The prescriptions may be used to help others or to prevent the occurrence or reoccurrence of depression. Each poem relates to a common experience of depression and suggests strategies and behaviors to quarantine and reverse various types of depression. Readers can do this by identifying with the subject of the poem or gaining inspiration by following the positive suggestions and internalizing the messages of hope nestled within each poem. Many are excellent daily affirmations. Perri Johnson, Ph.D., clinical psychologist, maintains a private practice in Hollywood Hills, CA. He renders psychological services to many in the film and entertainment industry, as well as, greater Los Angeles. He serves a primarily adult population, however, provides specialized services for children using highly developed technology. The positive psychology and cognitive-behavioral therapeutic interventions articulated in this work are the results of his work in the area of treating depression for the past 15 years. Dr. Perri Johnson was a popular radio personality for many years in Philadelphia during the 70 s and early 80 s. He worked in radio in the Newark-New York and Los Angeles areas through the mid 80 s. He celebrated a number one record on the dance charts with Hamilton Bohannon in...



Download PDF Prescriptions: Therapeutic Poems for the Healing of Depression

Related Kindle Books



The Poor Man and His Princess

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. The Poor Man and His Princess is a children's short story...

Read Book

»



The Stories Mother Nature Told Her Children

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Purchase one of 1st World Library s Classic Books and help...

Poad Rook

>>



Coralie

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Purchase one of 1st World Library s Classic Books and help...

Read Book

>>



The Range Dwellers

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book *****
Print on Demand *****. Purchase one of 1st World Library s Classic Books and help...

Read Book

..



Finally Free

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Its been four years since Malakais death, and Kinara couldnt...

Read Book

»