



The Pocket Therapist: An Emotional Survival Kit

Therese Borchard

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Whenever Therese Borchard was weathering a personal storm, and help was nowhere to be found, her one guiding light was the question, "What would a therapist say?" The result was a sort of therapy scrapbook for rough days--a quick reference for anyone who needs a dose of encouragement, support and tried and true ways to cope.

THE POCKET THERAPIST is a compact and accessible guide filled with techniques and advice to help combat everything from addictive behavior to negative thinking.

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