



# Behind the Therapy Door: Simple Strategies to Transform Your Life

*Randy Kamen*

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## **Behind the Therapy Door: Simple Strategies to Transform Your Life** Randy Kamen **Take A Unique Look Inside a Psychologist's Office.**

Step inside and listen in on how pioneering psychologist, Dr. Randy Kamen, guides six women through challenges and transitions. From their compelling conversations, you will learn important life lessons and powerful self-care strategies.

Overcome painful emotions, save years of struggle, build strength and resilience, and create your ideal support network. Dr. Kamen weaves together a blend of insight, cognitive behavioral therapy, and positive psychology with mind-body strategies that are easy to apply.

Discover how to manage: low self-esteem, unsatisfying relationships, work-life imbalance, aging, divorce, empty-nest, aging parents and the loss of a loved one.

Strategies Covered: breath-work, meditation, mindfulness, visualization, self-hypnosis, tolerating painful emotions, savoring positive experiences and creating joy in everyday life.

Learn how to build: self-esteem, self compassion, gratitude, forgiveness, and more satisfying relationships. Find out how making a difference in the lives of others brings you greater fulfillment. This book promises to become your cherished guide to finding greater meaning and joy in your everyday life.

"There is a power in the sharing of real-life women's journeys of struggle that can heal your heart and soul like no other. Couple it with outstanding therapeutic guidance and proven, practical strategies and you have everything you need to navigate obstacles and scale your own mountains. I love everything about this book!"  
--Debbie Phillips, Author of *Women on Fire: 21 Inspiring Women Share Their Life Secrets (and Save You Years of Struggle!)*

Randy Kamen, ED.D., psychologist and educator, helped pioneer new territory in mind-body medicine at Boston University's School of Medicine and Harvard's Spaulding Rehabilitation Hospital. She has long been on the leading edge of her profession, integrating insight oriented and cognitive behavioral therapy with holistic methods in her research and clinical work. She helps women build on their strengths and implement new strategies to deepen their experience of insight, healing, and happiness. Dr. Kamen has appeared on numerous TV and radio programs. She writes for the Huffington Post and other media outlets. Read her blog at [DrKamen.com](http://DrKamen.com) and follow her on Twitter and Facebook@DrRKG to learn about her speaking engagements and women's retreats on Martha's Vineyard and around the country.

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