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HOW TO LOSE CONTROL AND GAIN EMOTIONAL FREEDOM: EMBRACING THE DARK EMOTIONS THROUGH INTEGRATIVE MINDFUL EXPOSURE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is designed as a user s guide for individuals engaged in psychotherapy as well as for therapists and the general population. It endeavors to teach the reader how to embrace the so called dark emotions through a process that that the author refers to asl Integrative Mindful Exposure. The basic premise of the book is that much of...

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- Authored by Jerry D Duvinsky Ph D
- Released at 2012



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