



Self-Therapy Made Easy

Marian Van Eyk McCain

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Self-Therapy Made Easy Marian Van Eyk McCain

This book is written for ordinary, well-adjusted people who like to solve their own problems and deal with their own issues and who are fully capable of doing so. Written by a highly qualified psychotherapist and based on many years of clinical experience and personal practice, it is an informative, inspirational and easy-to-read guide to understanding how the normal, human mind works and how we can all take charge of our own psychological, emotional and spiritual health. By trying out the various practices and techniques in this book you will soon find the ones that suit you best. Most people, once they have been introduced to these methods of inner work, go on using some or all of them for the rest of their lives to keep themselves inwardly healthy and to further their personal and spiritual growth.



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