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Résultat de recherche pour "AUDIO"

Titre:	Your Pocket Therapist [electronic resource]
Auteurs:	Annie Zimmerman, Dr. (Author)
	Annie Zimmerman, Dr.
Catégorie d'âge:	Adultes
Type d'objet:	E-audio
Langues:	anglais
	From psychotherapist and TikTok personality Dr. Annie Zimmerman comes a toolkit to transform yourself and your relationships, with advice on how to heal past trauma, build sustainable connections, and take ownership of your mental health. Every day, psychotherapist Dr. Annie Zimmerman meets clients in her private London practice who are struggling with their lives. They're committed to achieving personal growth, making changes—but they're struck at the question stage. They ask her: Why can't I sleep? Why do I keep going back to a bad relationship? Why did I lose my temper? What is wrong with me? Here's the thing: nothing is wrong with them. It's just that they're asking themselves the wrong questions. In Your Pocket Therapist, Dr. Zimmerman helps readers delve into their past to identify old, unhelpful patterns and teach them how to unlock the present. The book combines practical tools with anecdotes gleaned from the therapy room, distilling complex psychological concepts with her signature warmth and empathy. Her belief—galvanized by her hundreds of thousands of followers—is that if we learn to understand the roots of our suffering, we can bring about meaningful—and permanent—change in our lives. It comes down to learning how to ask the right questions. A brilliant, necessary toolkit for those who want to break free from past patterns and embrace a life of abundant self-awareness and connection, Your Pocket Therapist is an absolute must-read in the field of psychology.
Mots matières:	AUDIO

Informations supplémentaires	
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