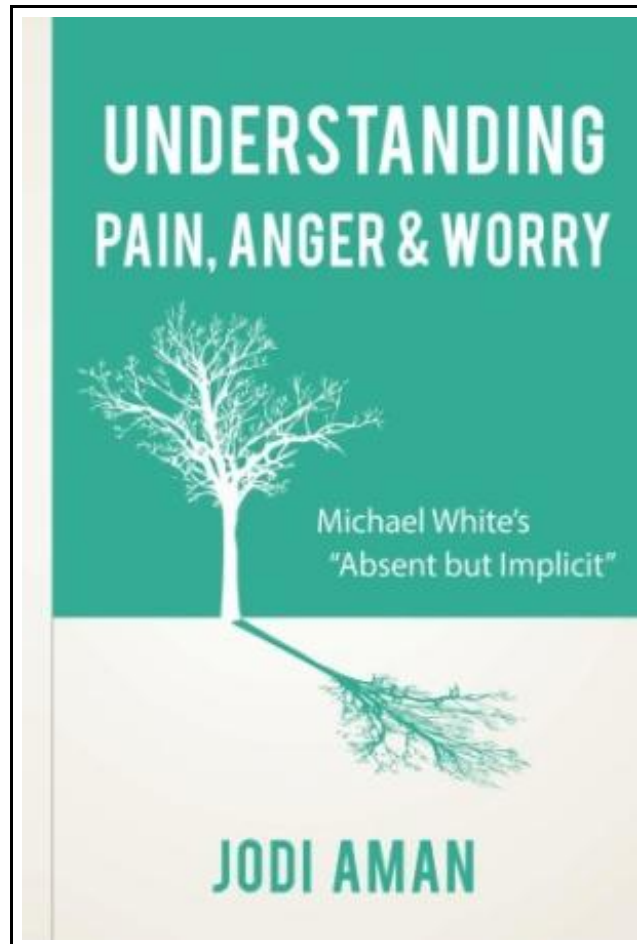


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Ja love Books, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The words pain, anger and worry are thin descriptions of the tumultuous emotions these feelings evoke. Navigating through the complexities of this negativity can leave people stumped and confused, which adds insult to injury. What if you understood why you or other people felt and acted these ways? Wouldn't it help you figure out how to diffuse situations, comfort your loved ones, and most importantly experience peace of mind instead of feeling overwhelmed? In this book, Jodi Aman bridges the gap. She explains what these expressions say about what is important to you in your life and teaches you the quickest way to healing intense emotions is to validate that which you treasure. Michael White was an Australian family therapist known as the founder of Narrative Therapy. In this book, Aman examines his theory of absent but implicit -- that in every communication, there is more meaning than explicitly expressed. Understanding what s implicit can make all of the difference in decreasing conflict in relationships and healing from personal emotional turmoil. While originally meant for therapists, Understanding is a must-read for counselors, teachers, parents and anyone in a relationship. Aman gives you the map on how to calm your neighbors, children, friends, colleagues or customers. Jodi Aman has been a psychotherapist for twenty-plus years. From hiding under the covers and running out of meetings to transforming lives through her counseling and writing, Jodi s been there. She understands. She helps you make sense of life s chaos, teaching you how to keep calm, feel peace and master happiness in your life Find her at .



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