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Prescriptions: Therapeutic Poems for the Healing of Depression (Hardback)

By Perri Johnson

Xulon Press, United States, 2008. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Prescriptions is a self-help book which combines poems to help heal depression with a discussion of the causes of depression and how to overcome it. It can be read straight through to gain a broad-based understanding of treating depression or readers can select poems with specific therapeutic qualities. It is written for those who are or have been depressed in reaction to repeated disappointments, relationship demise, family discord, loss, spiritual warfare, aloneness, and overwhelming stress. The prescriptions may be used to help others or to prevent the occurrence or reoccurrence of depression. Each poem relates to a common experience of depression and suggests strategies and behaviors to quarantine and reverse various types of depression. Readers can do this by identifying with the subject of the poem or gaining inspiration by following the positive suggestions and internalizing the messages of hope nestled within each poem. Many are excellent daily affirmations. Perri Johnson, Ph.D., clinical psychologist, maintains a private practice in Hollywood Hills, CA. He renders psychological services to many in the film and entertainment industry, as well as, greater Los Angeles. He...



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn.

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