

## Sheryl the Shrink, Says.: People Heal When the Talk Is Real!



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## SHERYL THE SHRINK, SAYS.: PEOPLE HEAL WHEN THE TALK IS REAL!



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AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There is an overwhelming sense of calm with every word that Sheryl pens to a page. Her professionalism is commendable while her fun-loving approach, an absolute joy. ---Gemma P. Sheryl the Shrink, says, gives such a positive perspective on our human experiences. It offers humbling reminders on how we can enrich our lives with a healthy conscience. ---Anne Y. I have been reading Sheryl the Shrink, says blogs since its inception and I am grateful to Sheryl for using everyday topics of which I can relate. ---Nicholas T. Sheryl captures the differences between love and attachment within one paragraph, concluding with the line, Love comes from the heart; attachment comes from the head. Always listen to your heart! This is a quote that one can easily read, remember, and apply! ---Lauren H. Sheryl the Shrink, says is my go-to series for insight and inspiration. I love how Sheryl is able to slice through the jargon and get to the heart of the matter. The advice is straightforward and framed in common language that s clear and concise. ---Greg J. I love and truly look forward to posts by Sheryl the Shrink. The advice is always spot on, relevant and presented in a way that makes you think. ---Ruby G. Sheryl the Shrink, says, is a compilation of insights, life lessons, observations and strategies by psychotherapist, Sheryl Schembari, LCSW. Sheryl provides practical solutions to common issues that often create barriers in people s lives. According to Sheryl, The pearls of wisdom contained in this book have helped me, family members, friends, and clients to live according to our authentic selves. Emotional freedom is a blessing that most of...



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