

***Getting Past Your Take Control Of Life With Self Help Techniques
From Emdr Therapy Francine Shapiro***

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Getting Past Your Past offers practical procedures that demystify the human condition and empower listeners looking to achieve real change. Francine Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing, and acting in ways that don't ...

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I appreciate the opportunity to write about Eye Movement Desensitization and Reprocessing (EMDR) therapy and my new book, Getting Past Your Past: Take Control of Your Life with Self-Help ...

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