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Talking to My Selves: Learning to Love the Voices in Your Head

By Debbie Unterman

Booksurge Publishing, United States, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Author and Clinical Hypnotherapist, Debbie Unterman presents an intriguing view into the intricacies of the psyche in a warm, relaxed writing style that draws the reader in. Offering extensive insight into the archetypal patterns that both hinder and guide us, she gives us permission to just be. The unveiling of our true authentic self, she suggests, occurs by unifying our many selves. In this time of upheaval and change here is a guidebook that teaches us how to love ourselves. Worn out belief systems crumble as we hear the stories of healing and transformation in the author and her clients, while the chapter on The Shadow warns that when we try to disown any parts of ourselves we can instigate self-sabotage. Unterman claims this explains the ubiquitous scandals which make headlines and plague so many religious, business, and political leaders today. Many books help readers recognize the burden of the pain they carry, but this one goes beyond traditional psychological analysis to outline the necessity of emotional expression and spiritual integration. The thoughtful self-help exercises at the...



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