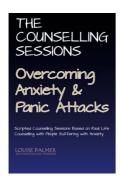
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is based on real-life counselling sessions. The themes are based on real events that occurred during counselling sessions with various clients who were suffering with anxiety or panic attacks. The book shows a scripted conversation between counsellor and client over five counselling sessions. There are also counsellor notes throughout each session to help the reader understand...

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- Authored by Louise Palmer
- Released at 2015



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