



Apple of My I: The Four Practices of Self-Love: Tools for Authentic Living in a Chaotic World (Paperback)

By Yudit Maros

Balboa Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. An exquisitely simple and elegant method that distills the profound complexities of the human soul. Christine Farber, Ph.D. A deeply sincere, generous and valuable contribution to our self-help literature. Ilona Sakalauskas, LCSW, RN In Apple of My I: The Four Practices of Self-Love, sought-after psychotherapist Yudit Maros reveals the true--and practical--meaning of the age-old wisdom: The answers are within you. The self-help tool called Authenticity Method may well be the equivalent of years worth of psychotherapy. It works by translating the body's messages into healthy actions. Through detailed instructions, a rich array of self-help exercises, case examples, and a thorough understanding of what makes us humans tick, you will learn how to: - love and accept your true self - find out how you feel and what you need to be well - relax yourself - assert yourself to those around you - help those you love to feel better and be more open and healthy - improve your emotional and physical health - heal your relationships - understand the recurring patterns in your life. Self-help has never been more...

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I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

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