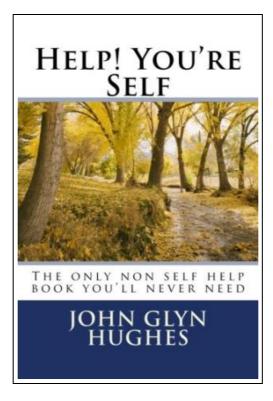
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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Help! You re self is not a self help book, it is a help yourself book.and there may be a key difference! Join therapist John Glyn Hughes on what is a self effacing, witty, yet searingly incisive and insightful take on the human condition in the modern age. Full of powerful re-frames, alternative perspectives, quantum linguistics, sage advice, exercises and metaphorical short stories there is much to be gained from the messages that have been tailored to reach the reader on a deeply unconscious level and facilitate for personal change. Often funny and at times utterly surprising this is a book that highlights that which is commonly unseen.yet obvious. The author has an unconventional, often mercurial and indirect approach and influence when working with clients and this book manages to capture the ethos of his approach. The multi dimensional, thought provoking perspectives on offer ensure that one read is just not enough. Push past the curtains of cultural conditioning and convention and take a look behind the scenes. This is an unusual book that once read will never be forgotten.

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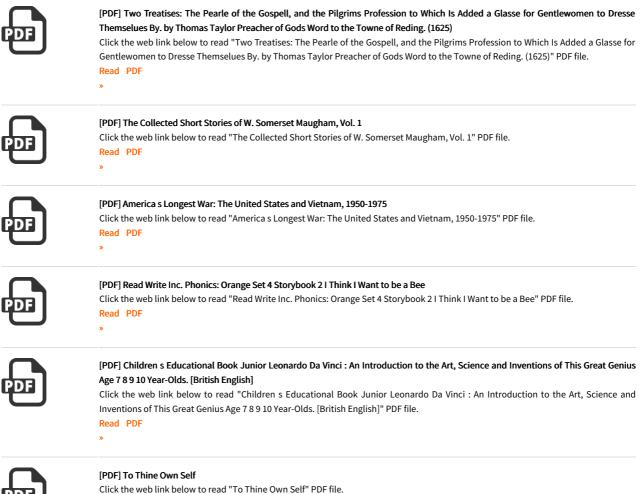
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