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Paperback Therapy Tammi Miller, 2024-03-06 This book is not a substitute for

therapy but it will give you the skills you need to help you meet your mental health goals Most of us could probably be doing more to take care of our mental health whether by learning to manage stress and sadness or just by reconnecting with ourselves But finding the time and money for professional therapy isn't always possible and this interactive guide provides an invaluable first step While not a substitute for therapy this book will give you the tools you need to make positive changes in your life and improve your mental wellbeing In Paperback Therapy certified practising counsellor Tammi Miller takes you on a journey of self discovery and healing You'll learn over 25 therapist approved tools for everything from how to boost your self esteem and live by your values to techniques for overcoming unhealthy habits and managing anxiety With prompts and exercises proven to benefit your mental health and wellbeing Paperback Therapy will help you discover a happier healthier you

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