

How To Be Your Own Therapist: A Step-by-Step Guide To Taking Back Your Life By Patricia Farrell

By Patricia Farrell

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http://www.goodreads.com/author/show/653766.Patricia_Farrell

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<http://www.amazon.co.uk/How-Your-Therapist-Step-Step-ebook/dp/B001E55WZS>

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<https://www.psychologytoday.com/blog/resolution-not-conflict/201205/how-get-ex-back-5-essential-steps>

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of themselves and their actions," says Patricia Farrell, of How to be Your Own Therapist, A Step-by-Step Guide to Steps to Maximize Your

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