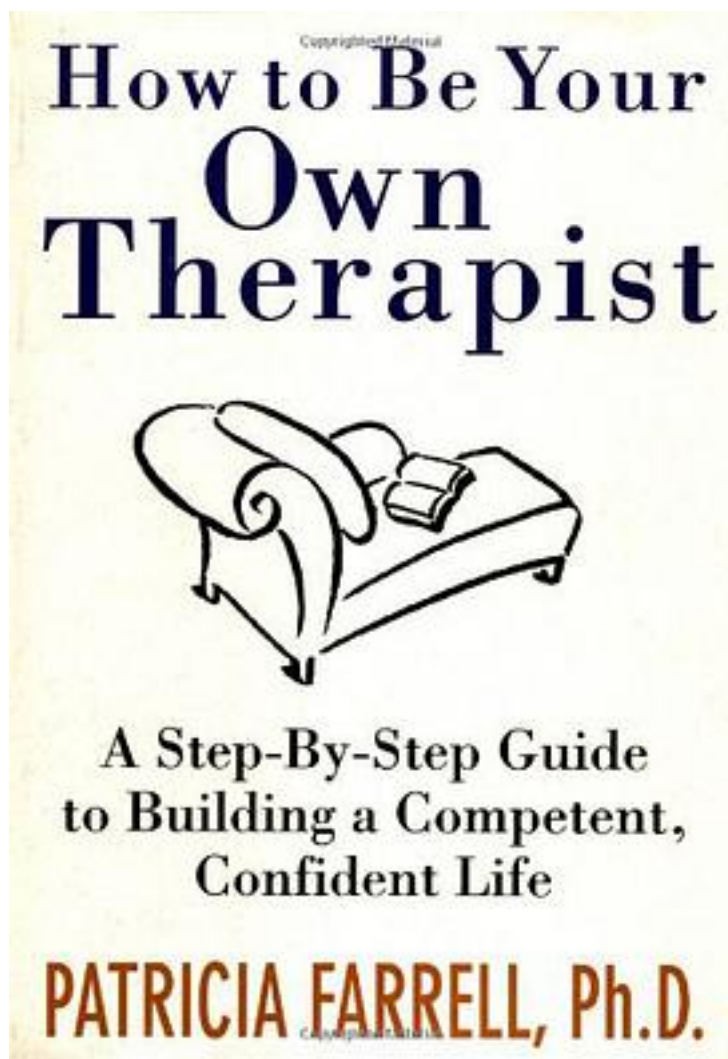


# How to be Your Own Therapist



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This book provides dynamic tools for challenge and change. 'Pat Farrell has helped hundreds of guests on my show. She is the best at what she does' - Maury Povich. This innovative, highly effective book is for anyone who wants to replace unhealthy behaviors with actions that bring satisfaction and success - quickly, permanently, and with or without the guidance of a professional therapist. Through her work with over 20,000 patients, Dr. Patricia Farrell has developed an approach that will enable you to manage your own life by reclaiming your power to overcome obstacles and influence outcome--even in the face of life's greatest challenges. Here are the proven techniques and exercises that Dr. Farrell uses to help her patients move into independent problem-solving action, including the ten "power tools" that will help you: open your eyes and face reality; grow from your mistakes; act like the person you want to be; fire your parents; accept yourself, warts and all; quit whining; challenge authority; stick up for yourself; live dangerously; and, accept that what others do is not your responsibility ...plus proven self-assessment tests, compelling case studies, symptom-identification sidebars, and much more to help you get unstuck from life's problems - and ready to embark on a happier, more well-adjusted future.

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