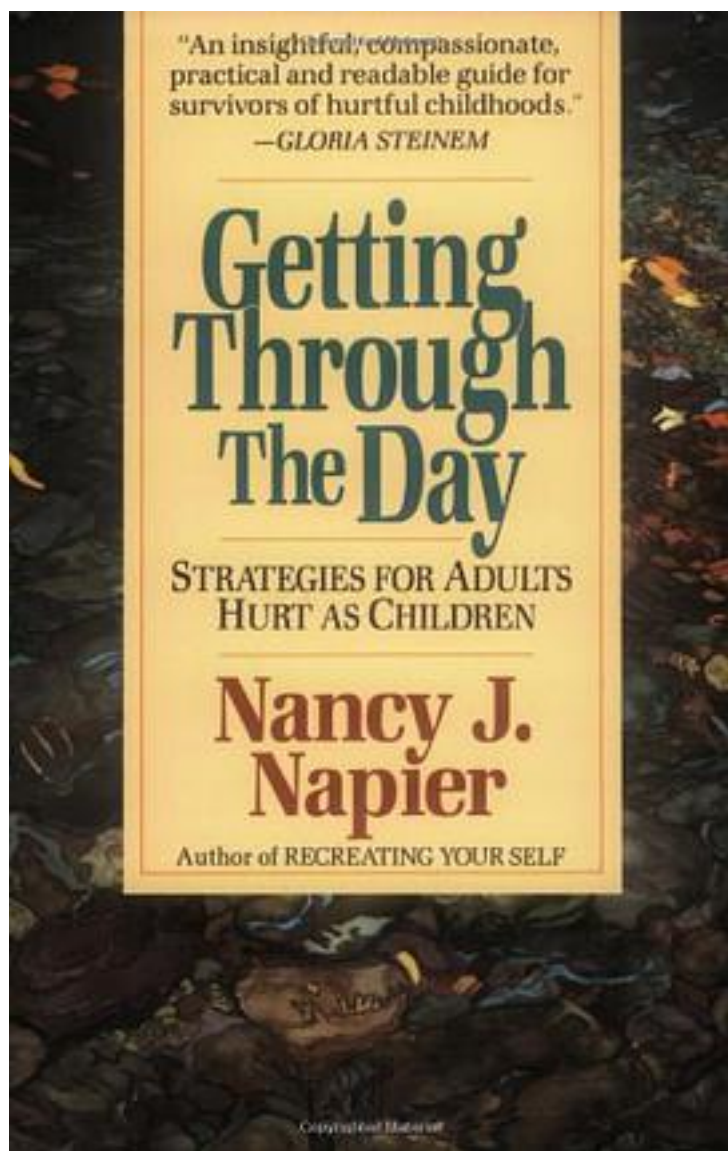


Getting Through the Day



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著者:Nancy J. Napier

出版者:W. W. Norton & Company

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This book enables adults who were traumatized as children to learn new strategies to meet the demands of daily living. While focusing on the effects of dissociation and including specific advice for multiples, Nancy Napier presents dozens of exercises helpful to anyone who finds that unresolved childhood feelings are blocking life's path.

作者介绍:

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