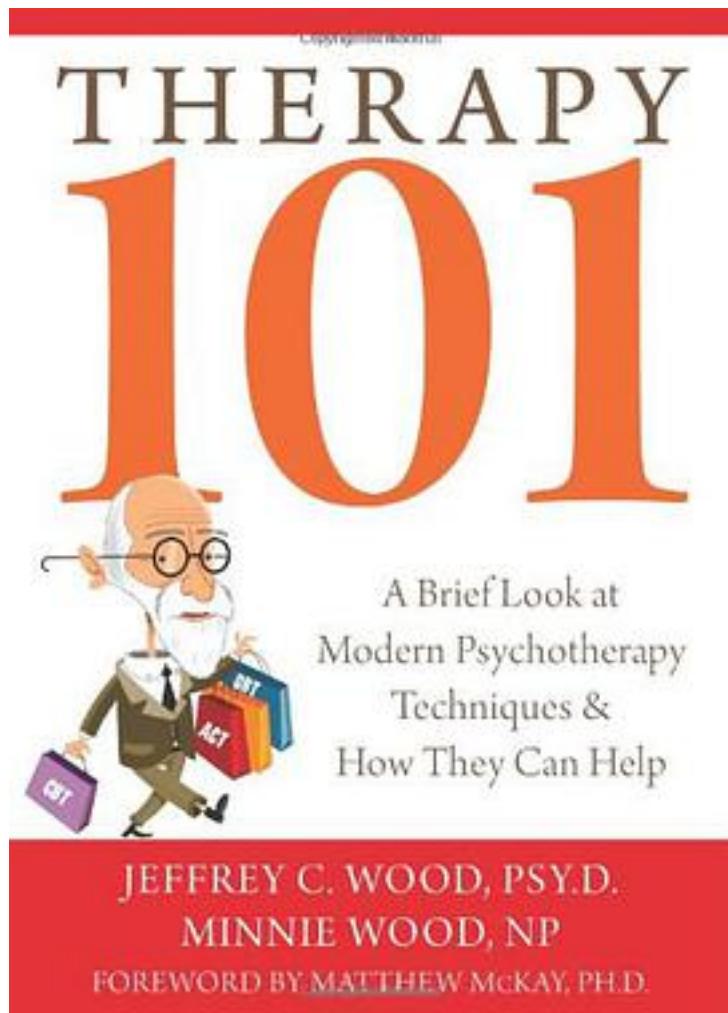


Therapy 101



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Do you feel anxious, depressed, or angry? Are you tired of seeing your therapist week

after week and still not feeling better? Do you wish you knew all the treatment options available to you? Do you want to know which therapies are clinically proven to help your specific condition? If you've answered yes to any of these questions, this book is for you. This book will teach readers about proven-effective, modern treatments for psychological disorders, how the treatments work, what problems they are most likely to help, and how and why these modern therapies differ from classic psychology, such as Jung and Freud. Equipped with this resource, you'll be in a powerful position to take control of your own mental health care and make important positive changes in your life. It includes ACT, CBT, DBT, mindfulness, and other therapies on the horizon. Chapters will feature informational pull quotes, sidebars, lists, and boxed text.

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