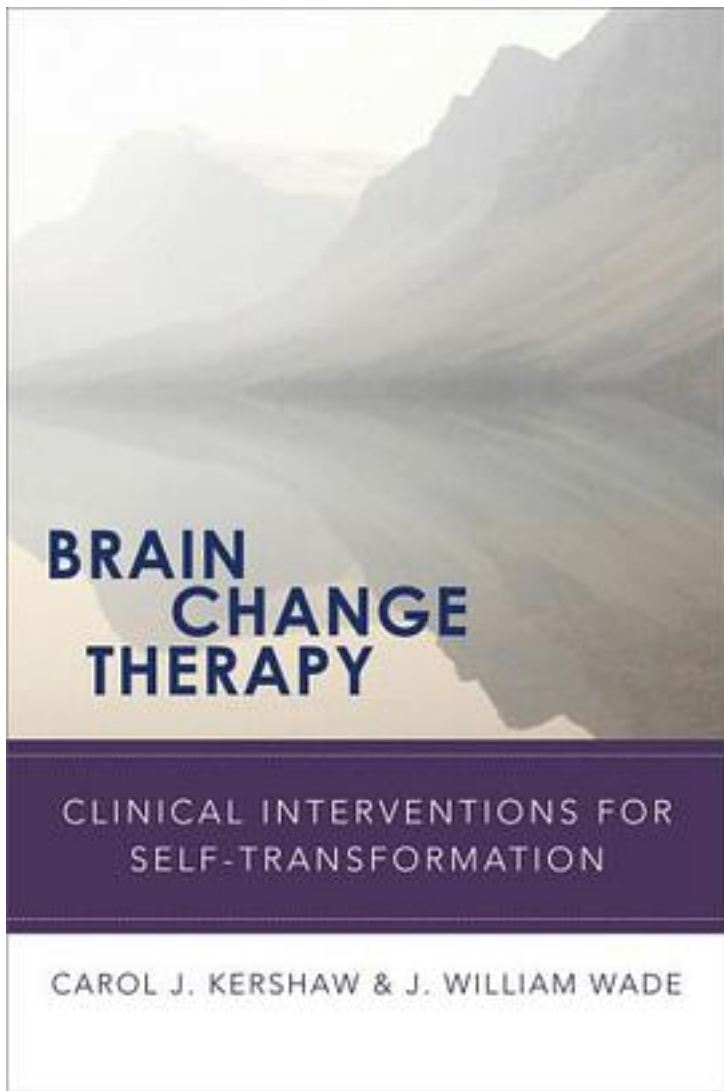


# Brain Change Therapy



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著者:Kershaw, Carol

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With a range of techniques informed by current neuroscientific understanding of how the brain controls emotion, this book allows readers to change their state of mind. Using principles from hypnosis, biofeedback, object relations therapy and cognitive therapy, therapists learn how to help their clients calm themselves, remove stress and achieve goals.

作者介绍:

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