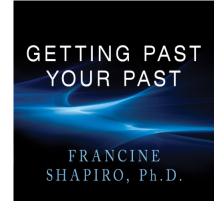
Getting Past Your Past: Take Control of Your Life With Self-Help Techniques from EMDR Therapy PDF



by Francine Shapiro : Getting Past Your Past: Take Control of Your Life With Self-Help Techniques from EMDR Therapy ISBN : # | Date : 2012-05-16

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PDF-056e2 | Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower listeners looking to achieve real change. Francine Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our... *Getting Past Your Past: Take Control of Your Life With Self-Help Techniques from EMDR Therapy*

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