



Life Support

Derek Draper

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Psychotherapy helps thousands of people every day: they feel happier, achieve more success and enjoy better relationships. But not everyone can be - or wants to be - in therapy. Prominent psychotherapist Derek Draper has chosen to share his tips and tools from the therapy room to help exactly those people. In this groundbreaking book, he explores 40 key issues that impact almost everyone's lives, uses examples drawn from real life to help you gain a better understanding of why things happen, and provides clear insights and advice that will help you think about life's new challenges in new, more positive ways. These stories will help you be a better wife, husband, parent and friend. Above all they will help you become a better you - because the more we understand why we do what we do, the more we can change ourselves for the better and enjoy the fuller, happier lives we deserve.

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