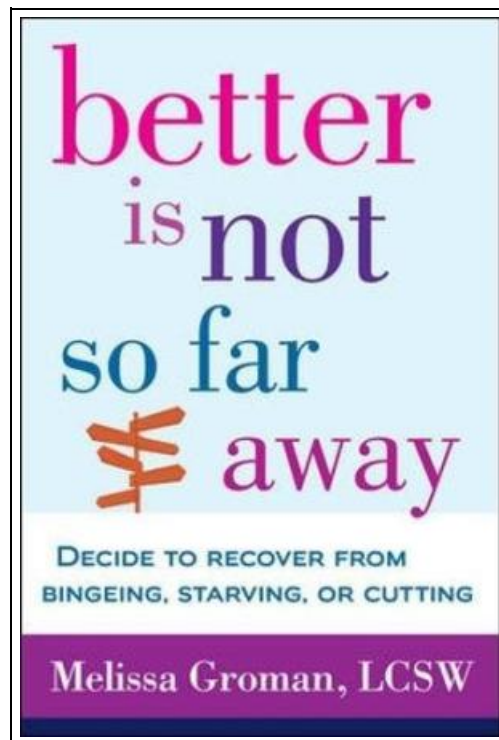


Better Is Not So Far Away (Paperback)



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Reviews

*Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook.
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BETTER IS NOT SO FAR AWAY (PAPERBACK)



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McGraw-Hill Education - Europe, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. From hurting to healing . . . resistance to recovery . . . struggle to strength . . . This can be your story When your parents, friends, or partner tell you what you should or should not do to get better, do you think, They just don't get it? Melissa Groman gets it. As a therapist, she has spent twenty-five years helping young women who binge, starve, and physically harm themselves to heal and recover. In *Better Is Not So Far Away*, she combines her experience, wisdom, and compassion to help you see beyond your behavior, discover who you really are, and decide to change your life. You might know that obsession, disordered eating, and self-harm won't ultimately make you feel better--but you haven't been able to stop. Bridging the gap between what you feel and what you do, Groman explores raw emotional pain with a deep knowledge of the human psyche, including stories of those who have suffered, faced, and conquered self-destructive urges. A life well-lived means more than just a lessening of symptoms, Groman writes. It means a true shift in how you think and how you tend to your own feelings and the feelings of others. Dealing with family, friendships, emotions, and life itself--as well as food and body issues--can be complex and can get in the way of even wanting to recover. When you clear away some of the emotional obstacles, it's easier to take practical steps to genuine relief and healing. This book will help you do just that. It can be the first or next right step toward facing your greatest hurts and challenges in a practical, profoundly honest, and self-caring way. A healthy, happy life may seem impossible now--but, truly, it...



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