



## From Under the Hood: Therapy Twins Guide to a Smoother Ride: Narrated by Change, Navigated by Jane and Joan (Paperback)

By Therapy Twins

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Intent on breaking the stigma of mental illness, Therapy Twins offer a look under their hood and into their lives. In From Under the Hood: Therapy Twins Guide to a Smoother Ride, they reveal their own diagnoses with comedic twists while sharing traditional and nontraditional tune-ups to guide you through a journey of healing. A survival guide in a Cliff Notes kind of way, Therapy Twins address a host of issues related to your well-being. Learn how to: - rewire some of your worst experiences; - get over that dude or chick who did you wrong; - get along with family; - receive a tune-up and restart your body, mind, and spirit; - let go of bitterness and resentment and learn that forgiveness is the new F word; Using Therapy Twins personal experiences, education, and work as a backdrop, From Under the Hood: Therapy Twins Guide to a Smoother Ride presents both a memoir of two intertwined, difficult childhoods and a guide to overcoming psychological difficulties from depression, anxiety and PTSD.

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