



## Fuck Therapy

A Toolkit for Self-Therapy

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Author: Blandine Daveau

Publisher : La Martinière

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Self-therapy - How-to

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A toolkit for doing without a therapist!

Say no to received ideas, judgments, false pretenses, and the narrow-minded! Make way for a full and happy life with this toolkit, as effective as any therapist. Thirty universal life principles, decrypted with biting humor by a shrink and coach. An accessible book, drama-free and swimming against the tide, with case studies, and tips to sample, informed by therapist Blandine Daveau's own experiences and conversations with her patients. Tidbits, advice for getting to know, accepting, and loving yourself. Self-therapy that delivers, within everyone's reach!

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Date : 06/05/2016

Pages : 221

Format cm : 15 x 20

Prix : 14.9

EAN : 9782732476636