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*Emdr Therapy Workbook Overcoming
Anxiety Anger De*

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NICKOLAS MELTON

An EMDR Therapy Primer, Second Edition W. W. Norton & Company

This book includes: 6 Manuscripts ✓ 1. Attachment Theory Workbook ✓ 2. Abandonment Recovery Workbook ✓ 3. Addiction ✓ 4. Complex PTSD, Trauma and Recovery ✓ 5. EMDR and Somatic Psychotherapy ✓ 6. Somatic Psychotherapy Book 1: Attachment Theory Workbook You can start to redress the balance to build stronger relationships with those close to you, with chapters that cover: . How anxiety disorder develops . How to become self-disciplined with your emotions . Learning to communicate effectively . How positive reinforcement works . How your physical health affects your mental state . Dealing with conflict . Empathetic listening and its link to happiness . And more Book 2: Abandonment Recovery Workbook You will learn how to cope with the feelings of abandonment through chapters that examine: . What affecting abandonment . Abandonment anxiety . How abandonment can change a life . Depression in Relationships . Building healthier relationships . The power of forgiveness Book 3: Addiction In this book, you will find the necessary help to get you on the road to recovery, with chapters that cover: . How to replace your addiction and find the peace you crave . Educating yourself about your addiction . What to avoid when you are developing new habits. . Exercise, hydration, and a non-toxic lifestyle . Getting creative to live healthier Book 4: Complex PTSD, Trauma and Recovery In this book, you will finally find new ways to tackle your trauma, with chapters that focus on: . How depression is defined . How you can avoid exacerbating the problem . Trauma and the link to mental health . Understanding anxiety Books 5 and 6: EMDR and Somatic Psychotherapy You'll discover how it could help you with chapters that cover: . The principles of EMDR and Somatic Psychotherapy . The basic concepts of Somatic Psychotherapy and EMDR Therapy . Examining the neurobiology of stress and trauma . How the brain works and how it is affected by trauma . Somatic Psychotherapy explained

Mental Health Workbook Springer Publishing Company

Written by a team of experts in the treatment of post-traumatic stress disorder (PTSD), this workbook offers powerful, symptom-specific skills from a variety of empirically supported cognitive behavioral therapy (CBT) treatments, including acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and—for the first time—cognitive processing therapy (CPT). PTSD is a debilitating condition that can leave you feeling numb, irritable, on guard, and distant. You may experience flashbacks and traumatic memories, suffer with sleep difficulties and nightmares, and struggle to manage intense emotions, impulses, and the desire to avoid closeness. But there has been rapid growth in the research and treatment of PTSD. This book combines the very best in proven-effective treatments to address

specific symptoms, from the least disruptive to the most severe. Presenting tools drawn from a number of approaches and treatment models—such as ACT, DBT, mindfulness-based cognitive therapy (MBCT), exposure treatment, behavioral activation, imagery rehearsal therapy, and a highly effective, twelve-session cognitive processing therapy (CPT) program, The Cognitive Behavioral Coping Skills Workbook for PTSD can help you overcome the most common and most difficult challenges people with PTSD face. This practical guide is loaded with research-based skills from the most effective PTSD treatments available to help you manage your symptoms, reclaim your well-being, and maintain your recovery.

The Dialectical Behavior Therapy Skills Workbook for PTSD New Harbinger Publications

Discover essential skills to liberate yourself from persistent anxiety about your health. Are you constantly worrying about your health, or the health of a loved one? Do you frequently check yourself for lumps, bumps, tingling, or pain? Do you find yourself endlessly looking up symptoms on the internet? Perhaps you find yourself asking others for reassurance or validation that you're okay, obsessing over health scares in the media, or monitoring your blood pressure on an hourly basis? No matter how your health anxiety manifests, it can be a crippling psychological burden. Endlessly ruminating about illness and death can affect all aspects of life—at home, work, school, as well as the doctor's office. And if you're obsessing over the health of a loved one, that can put tremendous pressure on the relationship. In *Freedom from Health Anxiety*, nationally recognized anxiety expert Karen Lynn Cassidy teaches you skills to conquer health anxiety, once and for all. You'll learn to switch from focusing on worst-case scenarios to appreciating the joy of the present moment—regardless of health status. Using a blend of cognitive behavioral therapy (CBT), positive psychology, and the author's "learned inhibition" model, you'll finally acquire the tools you need to take charge of your fear and break the cycle of stressing over your—or your loved one's—well-being. You'll also learn effective methods for tolerating health uncertainty, getting in touch with your body's cues, and rediscovering the pleasure of the present. It's time to find freedom from the obsessive fears that stand between you and true happiness. If you're ready to trade endless hours of online self-diagnosis (Goodbye, Dr. Google!) for a life filled with a genuine appreciation for each moment, this book will show you the way.

Heal Your Anxiety, Depression, Stress, PTSD and Anger New Harbinger Publications

A practical guide that offers self-help for anyone suffering from anxiety, depression, stress, PTSD, and anger. For the first time, Katherine Andler brings together the five therapies commonly used to overcome emotional distress; Eye Movement Desensitization and Reprocessing (EMDR) Cognitive Behavioral Therapy (CBT) Emotional Freedom Techniques (EFT) Hypnotherapy Somatic Therapy Each of the therapies are described step by step, so that anyone with mild to moderate

emotional issues can heal themselves. You will also learn how to: plan your own treatment using your personal history combine therapy techniques to maximise effectiveness accelerate clearing multiple traumas overcome resistance to transforming your life increase awareness of emotional flashbacks use the techniques to maintain a stress-free life in the future

Mental Health Workbook John Wiley & Sons

This book includes: 6 Manuscripts ✓ 1. Attachment Theory Workbook ✓ 2. Abandonment Recovery Workbook ✓ 3. The Addiction Recovery Workbook ✓ 4. Complex PTSD, Trauma and Recovery ✓ 5. EMDR and Somatic Psychotherapy ✓ 6. Somatic Psychotherapy Book 1: Attachment Theory Workbook You can start to redress the balance to build stronger relationships with those close to you, with chapters that cover: . How anxiety disorder develops . How to become self-disciplined with your emotions . Learning to communicate effectively . How positive reinforcement works . How your physical health affects your mental state . Dealing with conflict . Empathetic listening and its link to happiness . And more Book 2: Abandonment Recovery Workbook You will learn how to cope with the feelings of abandonment through chapters that examine: . What affecting abandonment . Abandonment anxiety . How abandonment can change a life . Depression in Relationships . Building healthier relationships . The power of forgiveness Book 3: The Addiction Recovery Workbook In this book, you will find the necessary help to get you on the road to recovery, with chapters that cover: . How to replace your addiction and find the peace you crave . Educating yourself about your addiction . What to avoid when you are developing new habits. . Exercise, hydration, and a non-toxic lifestyle . Getting creative to live healthier Book 4: Complex PTSD, Trauma and Recovery In this book, you will finally find new ways to tackle your trauma, with chapters that focus on: . How depression is defined . How you can avoid exacerbating the problem . A range of trauma treatment exercises . Trauma and the link to mental health . Understanding anxiety . Complex PTSD Books 5 and 6: EMDR and Somatic Psychotherapy You'll discover how it could help you with chapters that cover: . The principles of EMDR and Somatic Psychotherapy . The basic concepts of Somatic Psychotherapy and EMDR Therapy . Examining the neurobiology of stress and trauma . How the brain works and how it is affected by trauma . Somatic Psychotherapy explained What are you waiting for? BUY THIS BOOK NOW!

Overcoming Trauma and PTSD Guilford Publications

Listen up! It's time to change the way you manage your anxiety—by working with it rather than against it. This revolutionary guide provides the key to understanding the root cause of your anxiety, so you can break free from its grip. Let's face it: anxiety can interfere with every single aspect of your life, from work and family to relationships and finances. Left unchecked, the cycle of anxiety reinforces and perpetuates itself over time, and can leave you feeling paralyzed with fear. You've probably attempted to "get rid of" or "outrun" your anxiety, only to find your symptoms growing even stronger. What you need is a new way to deal with anxiety: one that emphasizes listening to what your anxiety is trying to tell you. In *What Happened to Make You Anxious?*, anxiety expert Jaime Castillo offers a whole new approach; one that focuses less on avoiding or extinguishing anxiety, and more toward understanding and working with it to create a fulfilling, meaningful life. You'll learn how your anxiety is connected to what Castillo refers to as "little 't' traumas"—seemingly small, unhealed traumas from your past that drive your fear and worry, so you can get to the root of your anxiety and start healing. Your anxiety works overtime communicating perceived threats; this book will show you how to listen to anxiety, discern which threats are real, which don't fit

the actual facts of the situation, and which are triggered by past events. Once you and your anxiety are on the same page, anxiety will loosen its grip—freeing you up to live with clarity, confidence, and serenity. You've tried managing it on your own. You may have even received treatment. If you're at your wit's end when it comes to your anxiety, this book will show you a new path toward lasting relief.

Freedom from Health Anxiety New Harbinger Publications

When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy has successfully treated psychological problems for millions of sufferers worldwide. In this updated edition, Francine Shapiro offers a new introduction that presents the latest applications of this remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other disorders, she explains how life experiences are physically stored in our brains, making us feel and act in harmful ways, and how EMDR therapy can bring relief, often in a remarkably short period of time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and how we get better.

Depressed and Anxious New Harbinger Publications

"This excellent book contains many different scripts, applicable to a number of special populations. It takes a practical approach and walks therapists step-by-step through the EMDR therapeutic process. [Readers] will not be disappointed." Score: 93, 4 stars -- Doody's Praise from a practicing EMDR therapist and user of Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: "Kudos to...everyone who contributed to this important volume....[It] is an indispensable resource. Thank you, thank you, thank you!" --Andrea B. Goldberg, LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant-in-training Bloomfield and Newark, NJ This book serves as a one-stop resource where therapists can access a wide range of word-for-word scripted protocols for EMDR practice, including the past, present, and future templates. These scripts are conveniently outlined in an easy-to-use, manual style template for therapists, allowing them to have a reliable, consistent form and procedure when using EMDR with clients. The book contains an entire section on the development of resources and on clinician self-care. There is a self-awareness questionnaire to assist clinicians in identifying potential problems that often arise in treatment, allowing for strategies to deal with them. Also included are helpful past memory, current triggers and future template worksheet scripts. Key topics include: Client history taking that will inform the treatment process of patients Resource development to help clients identify and target their problems to regain control when issues appear overwhelming Scripts for the 6 basic EMDR Protocols for traumatic events, current anxieties and behaviors, recent traumatic events, phobias, excessive grief, and illness and somatic disorders Early intervention procedures for man-made and natural catastrophes EMDR and early interventions for groups, including work with children, adolescents, and adults Written workbook format for individual or group EMDR EMDR to enhance performance and positive emotion

An EMDR Therapy Primer New Harbinger Publications

Twenty to thirty million Americans suffer from some form of diagnosable depression, and their ranks are growing. Psychologist Michael D. Yapko explains that in order to find relief, more than the current episode of depression must be examined. In *Breaking the Patterns of Depression*, he presents skills that

enable readers to understand and ultimately avert depression's recurring cycles. Focusing on future prevention as well as initial treatment, the book includes over one hundred structured activities to help sufferers learn the skills necessary to become and remain depression-free. *Breaking the Patterns of Depression* begins by translating the clinical literature on psychotherapy and antidepressant medication into language that can be used to enhance an understanding of depression, and to personalize individual cures. Yapko uses a conversational, anecdotal tone that encourages readers to take an active approach to helping themselves. Special sections entitled "Learn by Doing" and "Shifting Perspectives" help develop the skills necessary to manage difficult experiences. Readers learn how to solve problems effectively, anticipate the likely consequences of their actions, think and act in a direct, goal-oriented fashion, balance different areas of their lives, and use self-knowledge to stay out of harmful situations. More realistic and helpful than other depression-management books on the market, *Breaking the Patterns of Depression* defines what causes depression and, best of all, clarifies what can be done about it. With this knowledge in hand, readers can control their depression, rather than having depression control them.

Healing Trauma Charlie Creative Lab

Is it possible to effect deep, lasting, meaningful psychological change in a short period of time?

Taking Control of Anxiety Springer Nature

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. 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 readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

EMDR Therapy Workbook Basic Books

Did you know that when we experience a traumatic event that is accompanied by unpleasant emotions, the brain's processing may be inadequate? This is what happens when a person is diagnosed with some trauma, anxiety, panic, or stress. In the book written by David Reyes, *EMDR Therapy Toolbox*, you will find one of the most successful therapies, EMDR (Eyes Movement Desensitization and Reprocessing); psychotherapy used to nullify the destructive effects of a traumatic event. You might wonder how this therapy does that: It is by using physical stimulation; through ocular, sonorous, or tactile stimulation. EMDR is a totally effective technique for diverse psychological problems originated by traumas, some causes of these issues can be: robbery, assault, rape, kidnapping, homicide, grief, gender, family, physical, sexual or psychological violence. Self-help techniques for healing anxiety, depression, anger and overcoming traumatic

stress symptoms. Theory and treatment of complex post-traumatic stress disorder and dissociation to re-train the brain. Within this incredibly valuable book, you will find different self-help techniques, which will allow you to overcome all kinds of disorders by yourself, as well as evaluate the context of each one, the tools, treatment steps, and results. The book *EMDR Therapy Toolbox* will efficiently help you to: Identify the reasons why you might be suffering from a psychological trauma and learn to overcome it effectively. Overcome different issues related to stress and anxiety, identify their main origins and applying the right therapy for each type. Learn to leave behind overwhelming fears (phobias) once you identify the phobia and its origins. Use the EMDR therapy tools to overcome emotional and psychological issues caused by drug addiction to substances as heroin, cocaine, alcohol, soporific or energetic drugs. Etiology. Know the different procedures and treatments for traumas caused by natural disasters such as earthquakes and accidents such as a car crash. EMDR constitutes a really effective alternative of psychotherapy, which produces lasting results in patients with PTSD (Post-Traumatic Stress Disorder) and all kinds of trauma-related disorders. In the book *EMDR Therapy Toolbox*, you will find an incredible guide that offers complete and effective information on how to treat any trauma-related disorder.

Mental Health Workbook For Dummies

If you've experienced a traumatic event, you may feel a wide range of emotions, such as anxiety, anger, fear, and depression. The truth is that there is no right or wrong way to react to trauma; but there are ways that you can heal from your experience, and uncover your own capacity for resilience, growth, and recovery. *Overcoming Trauma and PTSD* offers proven-effective treatments based in acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and cognitive behavioral therapy (CBT) to help you overcome both the physical and emotional symptoms of trauma and post-traumatic stress disorder (PTSD). This book will help you find relief from painful flashbacks, insomnia, or other symptoms you might be experiencing. Also included are worksheets, checklists, and exercises to help you start feeling better and begin your journey on the road to recovery. This book will help you manage your anxiety and stop avoiding certain situations, cope with painful memories and nightmares, and determine if you need to see a therapist. Perhaps most importantly, it will help you to develop a support system so that you can heal and move forward.

Mental Health Workbook Main Street Books

Starting with the Foreword by Daniel Siegel, MD, the *Handbook* demonstrates in superb detail how you can combine EMDR's information processing approach with family systems perspectives and therapy techniques. An impressive and needed piece of work, *Handbook of EMDR and Family Therapy Processes* provides a clear and comprehensive bridge between individual and family therapies.

Short-term Therapy for Long-term Change Springer Publishing Company

This Book includes: 6 Manuscripts ✓ 1. Attachment Theory Workbook ✓ 2. Abandonment Recovery Workbook ✓ 3. The Addiction Recovery Workbook ✓ 4. Complex PTSD, Trauma and Recovery ✓ 5. EMDR and Somatic Psychotherapy ✓ 6. Somatic Psychotherapy Book 1: Attachment Theory Workbook You can start to redress the balance to build stronger relationships with those close to you, with chapters that cover: . How anxiety disorder develops . How to become self-disciplined with your emotions . Learning to communicate effectively . How positive reinforcement works . How your physical health affects your mental state . Dealing with conflict . Empathetic listening and its

link to happiness . And more... Book 2: Abandonment Recovery Workbook You will learn how to cope with the feelings of abandonment through chapters that examine: . What affecting abandonment . Abandonment anxiety . How abandonment can change a life . Depression in Relationships . Building healthier relationships . The power of forgiveness Book 3: The Addiction Recovery Workbook In this book, you will find the necessary help to get you on the road to recovery, with chapters that cover: . How to replace your addiction and find the peace you crave . Educating yourself about your addiction . What to avoid when you are developing new habits . Exercise, hydration and a non-toxic lifestyle . Getting creative to live healthier Book 4: Complex PTSD, Trauma and Recovery In this book, you will finally find new ways to tackle your trauma, with chapters that focus on: . How depression is defined . How you can avoid exacerbating the problem . A range of trauma treatment exercises . Trauma and the link to mental health . Understanding anxiety . Complex PTSD Books 5 and 6: EMDR and Somatic Psychotherapy You'll discover how it could help you, with chapters that cover: . The principles of EMDR and Somatic Psychotherapy . The basic concepts of Somatic Psychotherapy and EMDR Therapy . Examining the neurobiology of stress and trauma . How the brain works and how it is affected by trauma . Somatic Psychotherapy explained What are you waiting for? BUY THIS BOOK NOW!

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Rodale Books

Would you like to heal from anxiety, anger, depression, stress, panic attacks, addiction, emotional trauma? Here is the ultimate self-guide on the Eye Movement Desensitization and Resolution (EMDR) method. In just a few steps, with this book/workbook you can easily access a tested method to finally say goodbye to that trauma, that grips your mind since you were a child; to depression, that does not make you leave home for months; to your anxiety, that does not make you enjoy time with your family; to the anger you can't handle; to the stress with which you live your every single day. All of us, sooner or later, fight with ourselves for something wrong as we would like it to go. But here and now, thanks to innovative EMDR therapy, you can also decide to self-help you manage your problems and solve them in a very short time. In the first book (PTSD WORKBOOK) of this 2-books-in-1 you will discover: What PTSD is; How to recognize trauma; How to deal with the trauma; The importance of the relationship between stress, trauma and body; How to deal with category "D" symptoms; Tools for veterans returning from war; Many exercises to do; So much more... In the second book (EMDR WORKBOOK) of this 2-books-in-1 you will discover: What EMDR is; What EMDR can be used for; How you can use EMDR by yourself; How should be your own therapy room; How to manage the therapy; How to write a mental health treatment plan for your own therapy; How to write a treatment plan checklist for your own therapy; 5 essential tips for smart treatment plans; many other things... Remember: all of us, sooner or later, fight with ourselves for something wrong as we would like it to go. EMDR therapy is the solution to your problems. Simple steps to do in your own home, explained in the simplest way, also accessible to those unfamiliar with the world of psychotherapy. Take your copy now, and start taking your life back. Buy the paperback version of this book and get the kindle version for free.

Breaking the Patterns of Depression New Harbinger Publications Post-traumatic stress disorder (PTSD) is an extremely debilitating anxiety condition that can occur after exposure to a terrifying event or ordeal. Although many know that this mental health issue affects veterans of war, many may not know that it also affects victims of domestic violence, sexual violence, natural disasters, crime, car accidents and accidents in the workplace. No

matter the cause of their illness, people with PTSD will often relive their traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. This is especially true when they are exposed to events or objects that remind them of their trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide. In *The PTSD Workbook, Second Edition*, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms, whether they are a veteran, a rape survivor, or a crime victim. Based in cognitive behavioral therapy (CBT), the book is extremely accessible and easy-to-use, offering evidence-based therapy at a low cost. This new edition features chapters focusing on veterans with PTSD, the link between cortisol and adrenaline and its role in PTSD and overall mental health, and the mind-body component of PTSD. This book is designed to arm PTSD survivors with the emotional resilience they need to get their lives back together after a traumatic event. *Healing Trauma* Springer Publishing Company

The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book--now revised and expanded--has been translated into 10 languages. Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included. Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. New to This Edition *Over 15 years of important advances in therapy and research, including findings from clinical and neurophysiological studies. *New and revised protocols and procedures. *Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster response. *Appendices with session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical Societies in Germany, and other health care associations/institutes around the world.

Self-Guided EMDR Therapy and Workbook Basic Books

Dr Francine Shapiro's groundbreaking Eye Movement Desensitizing and Reprocessing (EMDR) therapy has been successfully used to treat a variety of issues, including anxiety, anger, depression, and PTSD. These issues often have their roots in past events, yet cause us untold anguish in the present, and hold us back from our future. *Self-Guided EMDR Therapy* explores how EMDR can be used to heal emotional disturbances, and what to expect during and after treatment. There are self-help grounding exercises to do before Andler guides readers through each step of the the 8-phase treatment process to healing. This is a must-read for anyone embarking on EMDR therapy, even if you are planning to see a professional. Key Features In-depth look at the 8-stage treatment process 8-Stage treatment prompt sheet Personal history self assessment Grounding exercises and

personal log Workbook for reprogramming 10 target traumas 50 page journal About the author Katherine Andler is the author of Self-administered EMDR; Freedom from Anger, Anxiety and Depression)

EMDR and the Relational Imperative Rodale

Would you like to heal from anxiety, anger, depression, stress, panic attacks, addictions, emotional trauma? Here is the ultimate self-guide on the Eye Movement Desensitization and Resolution (EMDR) method. In just a few steps, with this book/workbook you can easily access a tested method to finally say goodbye: to that trauma, that grips your mind since you were a child; to depression, that does not make you leave home for months; to your anxiety, that does not make you enjoy time with your family; to the anger you can't handle; to the stress, with which you live your every single day. All of us, sooner or later, fight with

ourselves for something wrong as we would like it to go. But thanks to innovative EMDR therapy, you can also decide to self-help you manage your problems by yourself and solve them in a very short time. In this book you will discover: What EMDR is; What EMDR can be used for; How you can use EMDR by yourself; How should be your own therapy room; How to manage the therapy; How to write a mental health treatment plan for your own therapy; How to write a treatment plan checklist for your own therapy; 5 essential tips for smart treatment plans; many other things... Remember: all of us, sooner or later, fight with ourselves for something wrong as we would like it to go. EMDR therapy is the solution to your problems. Simple steps to do in your own home, explained in the simplest way, also accessible to those unfamiliar with the world of psychotherapy. Take your copy now, and start taking your life back. Buy the paperback of this book and get the kindle version for free.