

# ORDER FORM



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**SHIPPING AND HANDLING:** Delivery in 4-7 business days  
 1-2 Items ..... \$7.95  
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 6-7 Items ..... \$17.70  
 8-10 Items ..... \$20.15  
 Complete Set of Mental Health DVDs ..... \$20.15  
 Complete Set of Mental Health VHS. .... \$22.60  
 5-Set Energy Psych DVDs ..... \$13.95

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- For orders larger than 10 items, please contact us for a quote

<b>MERCHANDISE TOTAL</b>	
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Mail your order form and check or money order to 6540 E. Kelton Lane, Scottsdale, Arizona 85254.  
 Please make your request for NBCC certification if needed along with this order and we will send you the required paperwork.

# CATALOG

Please refer to the numbers and products on this catalog list when you place an order with the form above.

## Educational and Energy Psychology Videos

AskTheInternetTherapist.com (ATIT) Video Tape \$59.99 - DVD \$69.99

### ATIT Communication and Assertiveness: Master Communication and Assertiveness Training Skills - DVD or VHS (VID-001)

Length: 37 minutes

In the heat of an argument, do you feel as if no one is listening? Do you ever feel like you are talking, but not being heard in your relationships? Do you have a hard time expressing how you feel? This video teaches the art of effective communication, assertiveness, conflict resolution, and how to express feelings appropriately. These are essential skills for relationships and mental health. By Jef Gazley M.S., LMFT ©2006.

### ATIT PTSD: Living In a Stressful World - Understanding and Overcoming Post-Traumatic Stress Disorder - DVD or VHS (VID-002)

Length: 32 minutes

This Mental Health video explains the causes and development of Post Traumatic Stress Disorder. Over a period of time, overwhelming shock and/or shocking experiences can cripple your ability to deal effectively in the present day. This problem often develops when people grow up in dysfunctional families. You will see yourself here, and discover that PTSD is not something mysterious, and is curable. By Jef Gazley M.S., LMFT ©2006.

### ATIT Dysfunctional Families and the Shame Cycle: Healthy Families, Healthy Lives - DVD or VHS (VID-003)

Length: 54 minutes

Did you come from a dysfunctional family? What is a dysfunctional family, how do the family members interact, and what kind of damage is the result? This video gives you a blueprint of a dysfunctional family, the dynamics involved, how shame develops and how to solve it. It is a map to greater self-esteem and wellness. By Jef Gazley M.S., LMFT ©2006.

### ATIT Chemical Dependence: Understanding Addiction - DVD or VHS (VID-004)

Length: 58 minutes

Do you wonder if you have a drug addiction or suffer from substance abuse? When is "one more drink" one too many? Is yours an alcoholic family? What is the difference between substance abuse and chemical dependence (addiction)? This self-help video describes how chemical dependence starts and how the substance abuse cycle continues. By Jef Gazley M.S., LMFT ©2006.

### ATIT Codependence: Overcome Codependence and Develop Healthy Relationships - DVD or VHS (VID-005)

Length: 43 minutes

Are the feelings of others more important than your own? Do you tend to suppress your feelings? Do you place the unhealthy needs of your alcoholic teen or spouse before your own? Are you an enabler? When is help really help? You may be subject to the tendency of codependence. This

informative self-help video gives insight to the symptoms and origins of Codependence and allows you to master it. Let this self-help video be your first step toward better health and wellness! By Jef Gazley M.S., LMFT ©2006.

### ATIT Love Addiction: Is My Relationship Healthy? - DVD or VHS (VID-006)

Length: 60 minutes

Is it real love? Do you feel like half a person without sex or a relationship? Are you afraid of abandonment? Do you feel you might die without your partner? Love addiction and Sex addiction is much more common than people usually think. This video describes the cycle of love addiction that is common in this type of relationship and compares healthy love to unhealthy love. By Jef Gazley M.S., LMFT ©2006.

### ATIT Boundaries: Stop Getting Abused and Learn Healthy Boundaries - DVD or VHS (VID-007)

Length: 32 minutes

To be able to have high self-esteem it is imperative that a person know what healthy boundaries are and how to defend them without offending others. This mental health video on appropriate boundaries is a self-help resource of the highest order. It describes what true boundaries are and how to implement them. Learn how to identify abuse and gain the self-esteem to stop it. By Jef Gazley, M.S., LMFT ©2006.

### ATIT Parenting: Become a Better Parent - DVD or VHS (VID-008)

Length: 42 minutes

Take the stress out of parenting! This self-help video describes the basic principles of effective parenting in a simple and straight forward format. Competent and caring parenting is essential for the well being of any child and a prerequisite for effective adult mental health when the child grows up. However, most parents are not taught the essential building blocks of effective parenting and often put too much stress on themselves. This actually decreases good parenting creates undo stress for the whole family. Learn the secrets of parenting now! By Jef Gazley, M.S., LMFT ©2006.

### ATIT Complete set of all Mental Health Psychology Videos - DVD or VHS (8 video set) (VID-010) [VHS \\$399.99 - DVD \\$499.99](#)

Length: 358 minutes

Many of the problems described above are not singular and often go hand in hand. Can you relate to more than one self-help video described above? We've put together a full set of wellness videos to complete your self-discovery and validate your feelings. Add all to your self-help library for continued development of good mental health. Make your relationships better today. By Jef Gazley, M.S., LMFT ©2006.

### ATIT Thought Field Therapy or TFT (DVD) (VID-011)

Length: 42 minutes

Thought Field Therapy or TFT is one of the most popular schools of Energy Psychology. This video describes in detail and with illustrations the particulars of Thought Field Therapy. Jef Gazley, LMFT, D.CEP is the author of this energy psychology video. He is one of the early pioneers of energy psychology, which is a quick, painless, and effective revolutionary counseling technique. ©2009.

## **ATIT Emotional Freedom Technique or EFT (DVD) (VID-012)**

Length: 41 minutes

Emotional Freedom Technique or EFT is one of the most popular schools of Energy Psychology. This video describes in detail and with illustrations the particulars of Emotional Freedom Technique. Jef Gazley, LMFT, D.CEP is the author of this energy psychology video. He is one of the early pioneers of energy psychology, which is a quick, painless, and effective revolutionary counseling technique. ©2009.

## **ATIT Tri-Brain Trauma Therapy (DVD) (VID-013)**

Length: 57 minutes

Tri-Brain Trauma Therapy is one of the most popular schools of Energy Psychology. This video describes in detail and with illustrations the particulars of Tri-Brain Trauma Therapy. Jef Gazley, LMFT, D.CEP is the author of this energy psychology video. He is the developer of Tri-Brain Trauma Therapy which is the newest and most powerful school of energy psychology. ©2009.

## **ATIT The Principles of Eastern Medicine and The Definition of Energy Psychology (DVD) (VID-014)**

Length: 80 minutes

The Principles of Eastern Medicine and The Definition of Energy Psychology video gives a general overview of Energy Psychology and the main schools of this discipline, Emotional Freedom Technique or EFT, Thought Field Therapy or TFT, and Neuro Emotional Technique™ or NET™. This video describes in detail and with illustrations the particulars of energy psychology and especially the principles of Eastern Medicine and Applied Kinesiology, which is the foundation of this discipline. Jef Gazley, LMFT, D.CEP is the author of this energy psychology video. He is one of the early pioneers of energy psychology, which is a quick, painless, and effective revolutionary counseling technique. ©2009.

## **ATIT Post-Traumatic Stress Disorder and Energy Psychology Techniques: A Comparison - 5 DVD Set (VID-015) \$299.99**

Length: 276 minutes

Post-Traumatic Stress Disorder and Energy Psychology Techniques: A Comparison video gives a general overview of Post-Traumatic Stress Disorder, Energy Psychology and the main schools of this discipline, Emotional Freedom Technique or EFT, Thought Field Therapy or TFT, and Neuro Emotional Technique™ or NET™. It also introduces the Energy Psychology technique of Tri-Brain Trauma Therapy developed by Jef Gazley, LMFT, D.CEP. This video describes in detail and with illustrations the particulars of energy psychology and especially the principles of Eastern Medicine and Applied Kinesiology, which is the foundation of this discipline. Jef Gazley, LMFT, D.CEP is the author of this energy psychology video. He is one of the early pioneers of energy psychology, which is a quick, painless, and effective revolutionary counseling technique. This technique works for habits, addictions, PTSD, anxiety, and depression. ©2009.

## **Eating Disorders - The Critical Issues (DVD) (VID-016) \$89.95**

Although food has never been more plentiful in developed countries, an apparently increasing number of young people don't want to eat, or want to get rid of what they've eaten as quickly as possible. Eating disorders now have one of the highest mortality rates of all psychiatric conditions. We begin with some brief case studies of anorectics and establish what psychologists mean by an eating disorder. This leads into exploring the main causes of eating disorders.

## **Everything You Always Wanted to Know About Depression (DVD) (VID-017)**

**\$49.99**

One of the common mental health problems dealt within his day to day practice is Depression. This DVD has been made for people who either suffer from depression or might think that they or one of their relatives might be suffering from depression. It is an illness that does not spare the fat king or the lean beggar. Left untreated, it can cause considerable problems with health, relationships, personal achievements, and in extreme cases serious harm of suicide.

The DVD delves into diagnosis, symptoms, causes, treatments, prognosis and myths surrounding Depressive illness and its treatments. An attempt is made to educate the viewer on various aspects of depression including treatment options: anti-depressants, talk-therapy and social interventions. The mechanism of action of antidepressants, principles of a specific therapy called Cognitive Behavior Therapy and Social Intervention are discussed in detail to improve and better the understanding of these treatments in the hope that it would lead to improved compliance and a better outcome.

It is hoped that the viewer will gain a better understanding of the illness, seek treatments at an early stage in an empirical and energetic manner and thereby improve prognosis and quality of life. Depressive illness is an eminently treatable condition that responds favorably to modern day treatments in a vast majority of cases.

## **Experimental Research Methods - Understanding Psychology Series (DVD) (VID-018) \$89.95**

We see a laboratory experiment on attraction in progress. Psychologists explain they are interested in whether the context in which we see someone influences our view of their attractiveness. Two groups of subjects look at the same set of pictures, but the environment is very different for each group. One group are well treated and make their selection in comfort, while participants in the other group are kept waiting and make their selection in a dank, noisy basement room. Will the different contexts influence their grading? In the process we see some of the benefits and drawbacks of the laboratory experiment as it happens.

## **Mental Disorders - Understanding Psychology Series (DVD) (VID-019) \$89.95**

It's quite normal to feel worried or sad, but sometimes these feelings can take over us and the normal can become abnormal. We begin by introducing two case studies, Alison who has depression and Karen who has an anxiety disorder. We go on to explore the problematic idea of 'abnormality' and how mental disorders might be recognized and classified. The major part of the program is devoted to explaining, illustrating and analyzing three psychological perspectives on mental disorders: Mental Disorder as a Disease of the Body, a Disease of the Mind and as A Social Construction.

## **Non-Experimental Research Methods - Understanding Psychology Series (DVD) (VID-020) \$89.95**

Most of us have cell phones. But little is yet known about the psychological effects of the cell phone. Is it changing the way we relate to each other and if so, is it for better or worse? How can psychologists research these questions? This program examines researching young people's use of cell phones with three different non-experimental methods. We see the research taking place which is inter-cut with the researchers explaining their methods and findings, young people's views on cell phones and expert analysis. The program is divided into three linked but self-standing sections: Questionnaire Surveys, Interviews, and Naturalistic Observation.

**Perspectives on Psychology - Understanding Psychology Series (DVD)**  
**(VID-021) \$89.95**

We begin by looking at what psychology is, how it differs from common sense and the questions it asks about human behavior. We then explore some of the areas where psychologists have looked for answers to these questions – in the human brain, the unconscious and the environment. The program is divided into three self-standing sections: The Biological Perspective, The Psychodynamic Approach, and the Behaviorist Approach.

**Enriched Learning (To Unleash Your Brilliance) (DVD) (VID-022)**  
**\$25.95**

with Brian E Walsh PhD

Length: 90 minutes

A companion DVD to the bestselling book, “Unleashing Your Brilliance.” Watch, listen, and experience as bestselling author Brian Walsh explores brain-compatible learning in a fun and easy-to-understand format. Enriched Learning focuses more on the learner, than the subject matter. Dr. Walsh brings the most recent brain research to life. He discusses multiple intelligences, whole-brain learning, multiple intelligence, memory, hypnotic techniques, Kinesiology, and Neurolinguistic Programming. Explore some of the tools and techniques used by progressive trainers dedicated to making a difference in learning.

**Hypnosis CDs**  
**CD \$24.99**

**Sleep Hypnosis Script with Forest Imagery (CD-001)**

Does stress cause you to have trouble sleeping? Would you enjoy falling into a relaxing sleep free from anxiety with the sounds of water running through a creek and crickets chirping? This hypnosis script to help with sleep issues uses forest guided imagery with background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Sleep Hypnosis Script with Beach Imagery (CD-002)**

Imagine yourself on a secluded white sand beach in total relaxation! Palm trees are swaying in a gentle breeze, and waves are rolling onto the beach in a hypnotic rhythm. Stop anxiety attacks. This hypnosis script, especially created as a sleep aid, uses beach guided imagery and background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Self-esteem Hypnosis Script with Forest Imagery (CD-003)**

This hypnosis script with suggestions for mental health, wellness and self-esteem using forest guided imagery which greatly reduces stress and anxiety. Banish anxiety attacks. Enjoy this meditation and trance. Background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Self-esteem Hypnosis Script with Beach Imagery (CD-004)**

A hypnotic tape with suggestions for mental health, wellness and self-esteem using beach imagery to reduce anxiety, anxiety attacks, and stress. Hypnosis is safe and effective. Enjoy this meditation

and trance. Background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Weight Reduction Hypnosis Script (CD-005)**

A weight reduction hypnotic tape with suggestions for eating healthy food, and with a focus on eating less. This hypnosis tape will empower you with desire to make better food choices. Background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Pain Reduction Hypnosis Script (CD-006)**

A hypnotic tape with suggestions for a comfortable way of reducing pain, stress and anxiety. This hypnosis tape is a holistic approach to develop effective pain and stress management and foster relaxation. Enjoy this meditation and trance. Background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Smoking Cessation Hypnosis Script (CD-007)**

Tried everything to achieve smoking cessation? Want to quit and feel better? This hypnosis tape has suggestions for attaining mastery of your desire to smoking cessation. It focuses on easier and fuller breathing, relaxation, wellness and achieving good health with positive results when you stop smoking. Background music from “Peaceful Pond” by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S., LMFT ©2006.

**Other Hypnosis Titles by Jef Gazley, M.S., LMFT**

Exercise Motivation	Better Golf
Sports Performance	Inability to Orgasm
Impotence	Premature Ejaculation
Controlling Irritable Bowel Syndrome	Asthma Relief
Childbirth	Allergy Relief
Blocking Unwanted Environmental Noise	Performance Anxiety
Stop Procrastination	Self-sabotage
Trust Issues	Saying “No”
Get Over a Relationship	Perfectionism
Getting Over Abortion	Ending Anger
Getting Over the Loss of a Love	Letting Go of the Past
Adjusting to Loss	Inner Child and Re-parenting
Free from Addictions	Shopaholic
Nail biting	Stuttering
Free from Drug Addiction	Become Alcohol Free
Self-respect	Releasing Negative Anchors

Stop Negativity	Self Improvement
Self-control	Self-confidence
Dealing With Guilt	Overcoming Shyness
Stop Thumbsucking	No More Bedwetting
Overcome Nightmares	Conquer School Phobia
Problems Swallowing Pills	Test Anxiety
Nail biting	Stuttering
Afraid of the Dark	Lifting Depression
Anxiety Relief	Public Speaking
Fears And Phobias	Fear of Rejection
Relief from Agoraphobia	Fear of Confrontation
Fear of Failure	Fear of Flying
Fear of Elevators	Fear of Dentists
Fear of Heights	Water Phobia
Afraid of the Dark	Free of Fear
Hopelessness and Hope	Defeat Panic Attacks
Overcome Social Anxiety	Terrorism Fear
Triumph Over Claustrophobia	Increase Self-confidence
Improve Your Assertiveness	Improve Your Decision Making Skills
Goal Setting	Self-discipline
Maximizing Performance	Handling Pressure
Time Management	Increasing Memory
Concentration and Focus	Develop Optimism
Improving Study Skills	Test Taking Improvement
Learn a Foreign Language	Test Anxiety
Public Speaking	
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Defeat Post-Traumatic Stress Disorder (PTSD)	
Hypnotic Children Stories by Christina Anguiano	
Compulsive Hair Pulling or Trichotillomania	

## Self-improvement Books

Audio Book on CD \$24.95 • Printed Booklet \$16.95

### Is that the reason I get abused? (BK-001)

To be able to have high self-esteem it is imperative that a person knows what personal healthy boundaries are and how to defend them without offending other people. This self-improvement book on appropriate boundaries is a great resource for information and education about personal boundaries. It describes what healthy boundaries are and how to apply them in the every day life. Learn how to identify abuse and gain the self-esteem to stop it. By Jef Gazley, M.S., LMFT ©2005.

### Is that the reason I have a substance abuse problem? (BK-002)

Do you wonder if you have a drug problem or suffer from alcohol addiction or substance abuse? When is “one more drink” one too many? Is yours an alcoholic or substance dependent family? What is the difference between substance abuse and chemical dependence? “Is that the reason I have a substance abuse problem” describes how the drug problem starts and how the substance abuse cycle continues. It is a self-help tool for self-improvement. By Jef Gazley, M.S., LMFT ©2005.

### Is that the reason I try to take care of people too much and cannot say “no”? (BK-003)

Are the feelings of others more important than your own? Do you tend to suppress your feelings? Do you place the unhealthy needs of your alcoholic teen or spouse before your own? Are you an enabler? When is help really help? You may be subject to the tendency of codependency. This informative mental health book gives insight to the symptoms and origins of codependence and allows you to develop healthy relationships. Let this educational book be your first step toward better health and wellness! By Jef Gazley, M.S., LMFT ©2005.

### Is that the reason why I cannot communicate well? (BK-004)

In the heat of an argument, do you feel as if no one is listening? Do you ever feel like you are talking, but not being heard in your relationships? Do you have a hard time expressing how you feel? Learn how to avoid conflict, communicate well, and become assertive. This self-improvement book teaches the art of effective communication, assertiveness, conflict resolution, and how to express feelings appropriately. These are essential skills for relationships and mental health. By Jef Gazley, M.S., LMFT ©2005.

### Is that the reason why our family does not communicate well?(BK-005)

Did you come from a dysfunctional family? Could you benefit from family counseling? What is a dysfunctional family, how do the family members interact, and what kind of damage is the result? This educational self-improvement book gives you a blueprint of a dysfunctional family, the dynamics involved, how shame develops and how to overcome the effects of a dysfunctional family. It is a map to greater self-esteem and wellness for the whole family. By Jef Gazley, M.S., LMFT ©2005.

### Is that the reason my relationships fail? (BK-006)

Is it real love? Do you need love or relationship advice? Do you feel like half a person without sex or a relationship? Are you afraid of abandonment? Do you feel you might die without your partner? Love addiction and Sex addiction is much more common than people usually think. This self-improvement book describes the cycle of love addiction that is common in this type of relationship and compares healthy love to unhealthy love. By Jef Gazley, M.S., LMFT ©2005.

## **Is that the reason our children don't mind? (BK-007)**

Take the stress out of parenting! This self-improvement and educational book for parents describes the basic principles of effective parenting in a simple and straight forward format. Competent and caring parenting is essential for the well being of any child and a prerequisite for effective adult mental health when the child grows up. However, most parents are not taught the essential building blocks of effective parenting and often put too much stress on themselves. This actually decreases good parenting creates undo stress for the whole family. Learn the secrets of good parenting now from this educational book! By Jef Gazley, M.S., LMFT ©2005.

## **Is that the reason why I cannot deal with stress after a traumatic experience? (BK-008)**

This self-improvement book explains the causes and development of Post-Traumatic Stress Disorder. Over a period of time, overwhelming shock and/or shocking experiences can cripple your ability to deal effectively in the present day. This problem often develops when people grow up in dysfunctional families. You will see yourself here, and discover that Post-Traumatic Stress Disorder (PTSD) is not something mysterious, and is curable. By Jef Gazley, M.S., LMFT ©2005.

## **CHOOSING HEALTH (BK-009) \$29.95**

by Dr. Mark Force

Paperback

Learn how to harness natural forces to restore, protect and enhance your health. Take control of your own health now and for the future. Think of all of your friends and family who can enjoy better health and well being by choosing HEALTH.

## **PRACTICE SAFE STRESS (BK-010) \$20.00**

by the "Stress Doc"™

Practice Safe Stress tackles the "Toxic-Traumatic Trio" - stress, burnout, and depression. Learn practical and playful, inspiring and insightful strategies for transforming these toxins into life-affirming energy, creative focus, and goal-achievement. The book is alive with imaginative language and memorable "how to" ideas.

## **"THE HEALING WATERS" (BK-011) \$22.00**

This hardback magical book will be your nightstand companion and the perfect holiday gift for someone you care about.

You will embark on a spellbinding journey ---- that will be unforgettable. The use of guided imagery will take you to a mystical place of healing. You will be able to confront issues long buried deep in your subconscious, too painful to face in the light of day. Once you have identified these problems, you will be able to confront them without fear. This is a place where there is heartache, no judgment, no shame. You will have the power to solve the issues that have caused you so much pain in the past. "The Healing Waters" will sooth the wounds and make you whole once more.

## **101 Great Ways to Improve your Health (BK-012) \$14.95**

The book is titled "101 Great Ways to Improve Your Health" and is a compilation of 101 proven strategies with reliable, tried-and-true ways to become a healthier person. "101 Great Ways to Improve Your Health" is literally the "Who" "Who" of the top health experts in the world and I'm excited to be a part of it. As contributing authors you'll be amazed to find Dr. Joseph Mercola, Gary Craig, Dr. Marcus Laux, Dr. Susan Lark, Dr. Stephen Sinatra, Dr. Julian Whitaker and many other leading health experts.

David Riklan, the president and founder of the #1 Self Improvement website in the world, SelfGrowth.com - is the creator of this amazing collection of health knowledge! If you are serious about:

1. Achieving Great Vibrant Health
2. Eating Well
3. Losing Weight
4. Reducing Stress
5. Sleeping Better
6. Reducing Chronic Pain
7. ... and just plain feeling better

... then now is the time for you to make an investment that will guarantee a hugely beneficial return! David tapped into the minds of some of the world's very best physicians, doctors and health gurus to create a book that you can start using to improve your health IMMEDIATELY! This book can - and will - change your life. From holistic healing to natural supplements, diet and nutrition to improving your health through general self-improvement, this book covers EVERY single aspect of the health arena that you can possibly imagine! Don't expect to read the same old health tips you see everyday! David coaxed the experts in this book into revealing some of the lesser-known facts about health to ensure you learn everything necessary to make your body, mind, and spirit are as fit as possible.

## **Unleashing Your Brilliance (BK-012) \$25.95**

by Brian E. Walsh PhD

Paperback - 284 pages

Whether a corporate learner or college student, the reader is given many tips on how to go beyond conscious learning to more easily absorb information. The content has been designed to appeal to visual, auditory, and kinesthetic learning styles. Each chapter can be reviewed with both a crossword puzzle, and an online introspective tool. This enables a deeper integration of the material. In easy-to-understand language, the author explains how the brain processes information, how learning is affected by emotions and core beliefs, and how innate brain wiring can be altered both unintentionally and intentionally. Ideal for corporate learners, college/university students, home-schooling parents.

## **Your Journal of Self-Discovery (BK-012) \$24.95**

by Beverly Block, MFT, Ph.D.

156 pages

Identify - Confront - Solve your personal and interpersonal issues with this in-depth, insightful, and beautifully written self-analytical book. With her effective, three-step approach to problem solving, experienced psychotherapist Dr. Beverly Block guides you on an enlightening journey of self-exploration. The ultimate destination: recognition of the unique person that is you!

Your Journal of Self-Discovery guides readers through the psychological, personal, and spiritual growth necessary for more meaningful and fulfilling relationships with others through knowledge of the self. This supportive, yet candid book is filled with practical, self-actualizing techniques to start you—and the people you help—on your individual path towards realization and change. It explores a wide range of topics including the following: Education, Career, Personality, Temperament, Self-Image, Friendship, Parental Influences, Childhood/Adolescent Memories, Interaction with the Elderly, Self-Fulfillment, Life Roles, Stress, Sexuality, Life Philosophy and much more!

Dr. Block has designed this workbook as both a private journal and a customized tool for sharing with friends, family, or professionals. Its versatility and scope make it an excellent resource for therapists and counselors to use with clients in a wide variety of applications: Self-help Seminars, Marriage and Family Therapy Sessions, Pastoral Counseling, and High School or College Adjustment Courses.

