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Free Counseling: How to Problem Solve in Daily Life

By C. C. Shaw

Tate Publishing & Enterprises. Paperback. Book Condition: New. Perfect Paperback. 132 pages. Dimensions: 8.1in. x 5.1in. x 0.4in. Everyone wants a sense of control over his or her life. Unfortunately, not every situation presented can be under our control. As a licensed, professional counselor, C. C. Shaw acknowledges that life brings problems but not necessarily the solutions. By offering the steps to solving these minor or major struggles and sharing the successful approaches used in her own counseling sessions, Shaw demonstrates with humor and blunt instruction how making practical and insightful decisions can help you find your footing again, regardless of what situation you are faced with overcoming. Armed with the tools to solve your daily issues, suddenly the techniques to overcoming worry, anger, relationship worries, grief, guilt, depression, and more are all at your disposal thanks to a session with a professional that meets anyones economic standards. Free Counseling offers hope by placing the keys to success in your hands. Allowing you to sort through your own personal issues, Shaw guides you to pay attention to areas that can evolve or be strengthened by simple exercises that will enable you to regain control of your life. Today, you can make...



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