

The Longest Journey - Amanda Stuart

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In The Longest Journey: finding the true self, Amanda Stuart describes how clients, men and women, addressed a range of difficulties, including anxiety and depression. Invariably when clients seek counselling, it is apparent that old wounds - neglect, hurt and anger - are at the heart of the presenting problem, sometimes decades later. The author decided to write The Longest Journey to highlight the effect of old, suppressed pain. Author: Stuart, Amanda Publisher: Sid Harta Publishers Illustration: N Language: ENG Title: The Longest Journey Pages: 00362 (Encrypted EPUB) On Sale: 2012-07-01 SKU-13/ISBN: 9781921829857 Category: Family & Relationships : Family Relationships

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