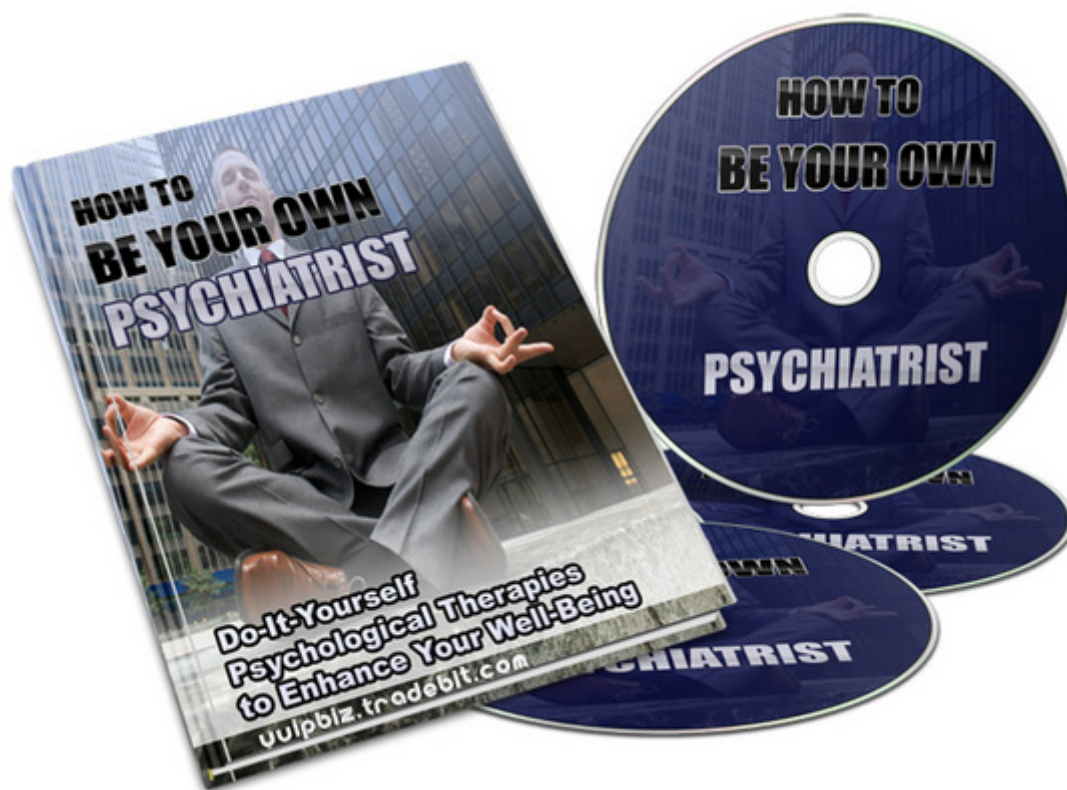


How To Be Your Own Psychiatrist + Audio Recording Mp3



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How to be Your Own Psychiatrist Including Audio Recording MP3! Why Pay Expensive Fees to Your Psychiatrist When You Can Treat Your Personality and Behavioral Problems Using Easy-to-Apply, Do-It-Yourself Psychological Therapies? Psychiatrists charge per hour, per session. Consulting with them certainly costs a lot of money. If you can train yourself to become your own psychiatrist, would you let up that chance? Dear Friend, You might have consulted a psychiatrist for certain reasons. Some people have major personality problems like anxiety, depression, and extreme shyness that they would like to get rid of. Some want to get rid of a personal problem that's been bugging them. And others would like to enhance their personality, change their behavior, and live a better life. So, how is your therapy session going with your psychiatrist? If you have been to one, you surely must have experienced that comforting feeling of being able to talk to someone who understands you, what you are going through, and how things are affecting you. Going out into the world after a good psychiatric session can definitely make you a stronger and better individual. Wonderful, isn't it? Well, what if you're given a chance to learn how to be your very own psychiatrist? Yes, you certainly can become your own psychiatrist. All you need is to be

equipped with the right knowledge about it. Treating yourself might even be better than going to your psychiatrist (whom you pay a lot per hour). Why? Because you know yourself better. And as such, you are better off analyzing your own actions, thoughts, and emotions. And there's nobody more clued-up to the things you can or cannot do but your own self! And do you know that there are certain things your shrink doesn't like you to know? Yes, this is quite true, especially the part that psychiatry is a relatively simple discipline. To apply psychiatry, you need to be good at two main aspects: to know how to think and to know how to communicate. Thinking straight is a human nature. Unless you doubt your own learning abilities, you should be fine in that area. Knowing how to communicate may be a factor. But then again, you are not going to apply what you'll learn to others and so the ability to talk and be understood by others is not really important. The more important thing is how you'll talk to yourself. Aspiring psychiatrists need to finish their medical degree and get a license in order to practice. This is required mainly because of the fact they put other people under their care. Imagine how great it would feel to be able to treat yourself just like a real psychiatrist would. All you need to know are the simple concepts and ideas behind the discipline! To become effective, you have to know the five main schools of therapy. These are the psychodynamic, cognitive, behavioral, humanistic, and eclectic. Sounds complex? You will be surprised to know that they aren't really difficult. Just go through the report we have prepared for you, and understanding these concepts will become as easy as pie. Learn powerful psychological therapies the fastest, easiest, and simplest way possible! Just get hold of the report we have especially created for you entitled *How to be Your Own Psychiatrist: Do-It-Yourself Psychological Therapies to Enhance Your Well-Being*. It contains simple methods of understanding psychological therapies. Its techniques are very easy to read and digest, unlike complex, boring information you'll find in those thick psychiatric books. You'll be raring to treat your own self in no time! If you know the basic principles behind psychoanalysis and psychodynamic therapies, then you can retreat to yourself and start psyching in the same way your psychiatrist does it to you! With this report you will discover: # Why therapy is essential for your well-being. # What the shrink doesn't want you to know. # Requirements before you use behavioral therapy. # How shrink picks up clues from past events to understand the current relational or emotional patterns of the client. # What Eva Longoria did when she landed 1st runner up only in a beauty pageant that made her win the top spot the following year! # How to improve communication patterns. # Psychological methods to make your persuasive and negotiation efforts more convincing and effective.

Powerful relaxation techniques. # Key to regulating your own behavior. # How to metamorphose into a person of success. # Effective psychological therapies to defeat fears, phobias, anxiety, stress, and depression. # Psychological techniques to become more assertive and develop your social skills. # How to cure personality disorders and eating disorders. # How to gear yourself for the pursuit of self-actualization. # Sample conversations of therapy applications. # The first step to healing. # The reasons why you need a psychiatrist. # The most effective psychological treatments being used today. # The most popular types of psychological therapies. # How to choose the right treatment for you. # The different therapeutic techniques. # How psychodynamic therapy can enhance your well-being. # What transpires in a psychoanalysis treatment session. # The basic principles behind psychiatric therapies. # How to perform a self-help psychodynamic therapy. # How to condition yourself for a psychodynamic therapy session. # The basic principles of Rational Emotive Behavior therapy. # The ways cognitive therapy is conducted. # Cognitive therapy in self-help mode. # The basic principles behind Behavioral Therapy. # What systematic desensitization in a Vivo Exposure is. # Self-help behavioral therapy and its applications. # Humanistic therapy, its principles and applications. # The eclectic approach to therapy. # How to successfully connect with yourself. # The right way to connect to others. And a whole lot more!

Save hundreds of dollars in therapy sessions from here on. Learn how to become a therapist to your own self, in your own terms. A rare opportunity is presented to you and it will definitely make you become more in tune with yourself and make the most out of life! All you have to do is to download this "How to be Your Own Psychiatrist" I have prepared for you. It is a powerful do-it-yourself instruction manual designed to enhance your mental health and overall well-being. And if you were that type of person who seeks answers to questions about life, your existence, and the world in general, would you turn down this offer to finally find the answers to your most profound questions? This chance may not come to you again. Grab it while its still here! Just think about being in total control of your life. Nothing else feels better than being able to do whatever you want, whenever you want, however you want - and most importantly UNDERSTAND WHY. Once you download this handbook, it will just be a matter of minutes before you'll start enjoying your life to the fullest! P.S. You'll be amazed at how simple and easy it is to apply all of the techniques. Seriously. P.P.S. Take control of your life now! Attain great mental health and well-being throughout your life without the hassles!

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