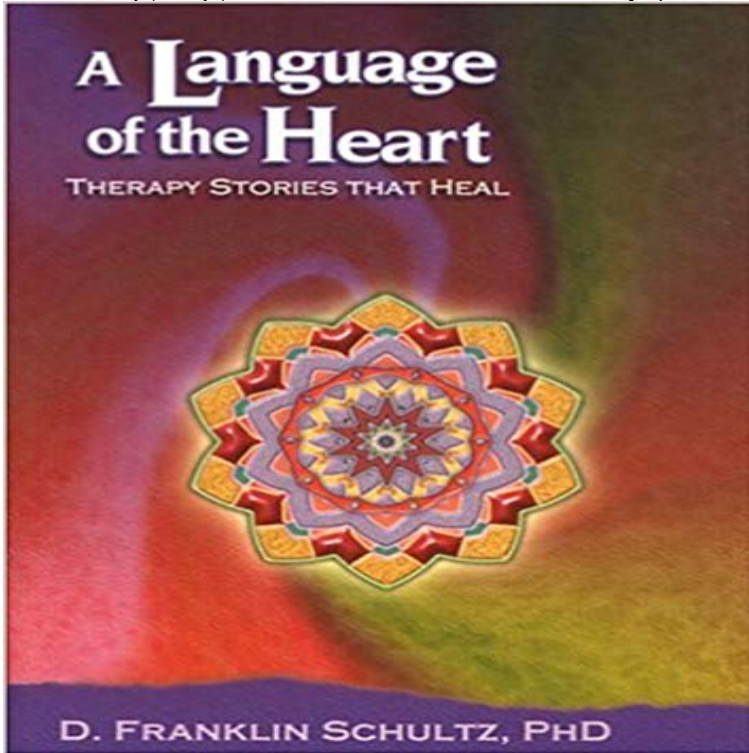


A Language of the Heart: Therapy Stories That Heal



A Language of the Heart is a self-help book that explores the language we use to describe our lives and offers tools to make sense of life and relationships. It provides a healthy approach to managing the daily stressors that so often lead to depression or anxiety. Dr Schultz, a clinical psychologist, weaves warm, common-sense stories together with exercises that are intended to accelerate understanding. He sets clear goals and helps the reader achieve them. Readers seeking help understanding their lives will immediately see the relevance and usefulness of the stories and exercises, while mental health professionals will find an object relations oriented approach to therapy that can be successful in the confines of a managed-care environment.

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