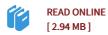




Better Is Not So Far Away (Paperback)

By Melissa Groman

McGraw-Hill Education - Europe, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. From hurting to healing . . . resistance torecovery . . . struggle to strength . . . This can be your storyWhen your parents, friends, or partner tell you what you should or should not do to get better, do you think, They just don't get it? Melissa Groman gets it. As a therapist, she has spent twenty-five years helping young women who binge, starve, and physically harm themselves to heal and recover. In Better Is Not So Far Away, she combines her experience, wisdom, and compassion to help you see beyond your behavior, discover who you really are, and decide to change your life. You might know that obsession, disordered eating, and self-harm won t ultimately make you feel better--but you haven t been able to stop. Bridging the gap between what you feel and what you do, Groman explores raw emotional pain with a deep knowledge of the human psyche, including stories of those who have suffered, faced, and conquered self-destructive urges. A life well-lived means more than just a lessening of symptoms, Groman writes. It means a true shift in how...



Reviews

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