



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 to recovery . . . struggle to strength . . . This can be your story When 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...



READ ONLINE
[2.94 MB]

Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS

See Also



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



How to Start a Conversation and Make Friends

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, How to Start a Conversation and Make Friends, Don Gabor, For over twenty-five years, small-talk expert Don Gabor has helped thousands of people communicate with wit, confidence, and enthusiasm with his bestseller How...



Readers Clubhouse Set B What Do You Say

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers.Two...



Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and minerals, and more. Softcover. About the Author...