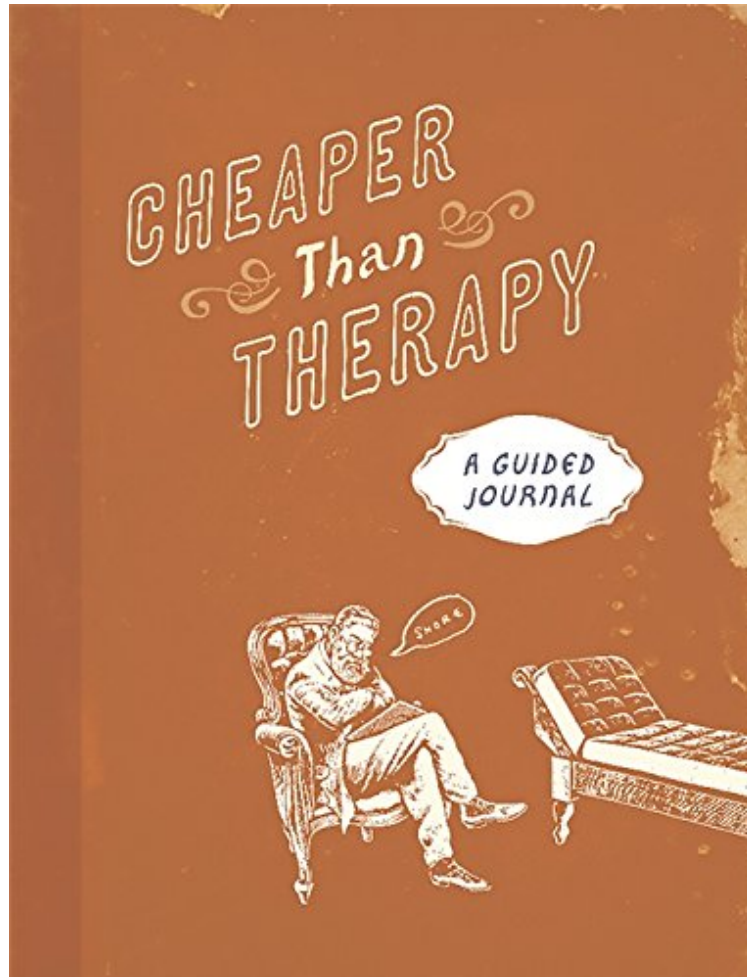


Cheaper than Therapy: A Guided Journal

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#40533 in BooksColor: orange INGRAM PUBLISHING DBA PERSEUS 2016-06-28 2016-06-28Original language:EnglishPDF # 1 8.75 x .75 x 6.63l, .90 #File Name: 076245976X144 pagesWhy give a guy a bunch of money just to let you sit on his couch and tell him what's stressing you out?Tongue-in-cheek journal is filled with 120 prompts, quotes, tests, and more.Straight out of a therapist's head, but without the judgey expressions and paranoia-inducing note scribbling.Softcover.144 pages. | File size: 31.Mb

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0 of 0 people found the following review helpful. Will help straighten out your negative self talk.By S. SpangenbergA fun, adorable journal to kick you out of your "blues". Laughter is the best medicine!2 of 3 people found the following review helpful. Great book! Much needed Therapy! Great price!By HollyGreat book! Much needed Therapy! Great price!2 of 3 people found the following review helpful. Loved it!!By KateI got this as a gift and the recipient loved it! It really is cheaper than therapy!

We all know that therapy is just an expensive way to dump out all the feelings and stories that are too embarrassing to share with the people in your life. Now, in *Cheaper Than Therapy*, you can journal about your childhood, your recurring dreams, and what your relationship was like with your parents. Filled with 120 tongue-in-cheek prompts, thought-provoking quotes from the likes of Carl Jung, Rorschach inkblot tests, dream analysis, and word association tests straight out of a therapist's head, *Cheaper Than Therapy* is the best of therapy—with none of the pointed looks and the not-so-therapeutic, “What do you think that means?” and “Let's explore that further.” Who needs a therapist when you have this brilliant (and much cheaper) journal?