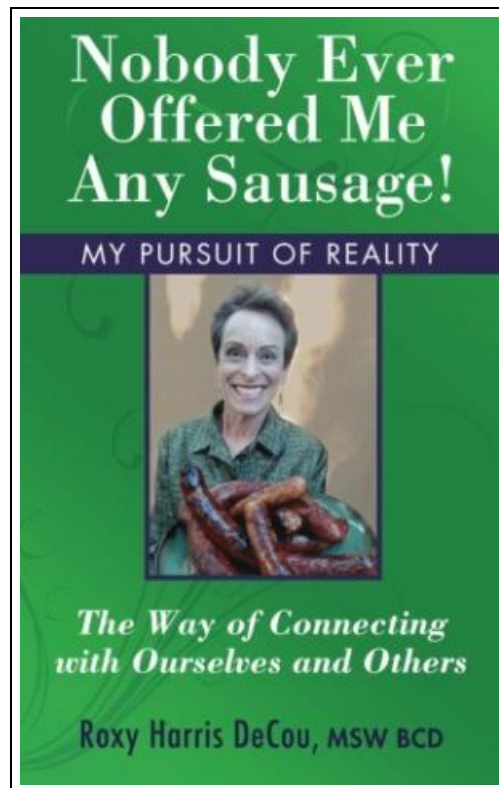


Nobody Ever Offered Me Any Sausage The Way of Connecting with Ourselves and Others



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Reviews

It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Modesto Mante)

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Over And Above Press. Paperback. Condition: New. 296 pages. Dimensions: 8.0in. x 5.0in. x 0.7in. Nobody Ever Offered Me Any Sausage is about combining the wisdom of the East and the West into a Zen-like self-help book. My education and training were typically Western. I received a B. A. in psychology, from Ohio State University, a M. S. W. from Hunter College, and trained at Albert Einstein College of Medicine in the Bronx. I earned a license to practice psychotherapy in California in 1981. My life experience is not typically Western. In my early twenties, I was involved in Bioenergetic Therapy, a combination of working with the body and mind to help resolve emotional problems. This experience was the beginning of my realization that there was so much more to learn about helping people than in traditional talk therapy. Despite all my knowledge, I was unprepared when I found out that my 42-year sister was diagnosed with terminal cancer. I couldnt accept the reality of her dying and I became extremely anxious and depressed. I did the only thing I knew, I saw a psychiatrist. I asked him how to accept my sister dying; his advice was Dont think about it. Consequently, I sought treatment from 5 other mental health professionals also to no avail. Surprisingly, help came from my husbands bookkeeper Mary. She was a devotee of a local guru and invited me to go to a meeting. I was very skeptical, but since I was desperate and trusted her I went. Although, unaware at the time, going to that meeting was the beginning of my healing process. The skills I learned from these wise people gave me the ability to accept reality instead of fighting it. They were available to me emotionally and with their help I was able...



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