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# I'M WORKING ON IT IN THERAPY: HOW TO GET THE MOST OUT OF PSYCHOTHERAPY

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, I'm Working on it in Therapy: How to Get the Most Out of Psychotherapy, Gary Trosclair, Learn to get the most out of therapy to unlock your best self. Millions of Americans will go to therapy this year, but veteran psychotherapist Gary Trosclair believes the vast majority of them will start the process with little to no sense of how to best use their sessions to achieve their goals. Recent research has...

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- Authored by Gary Trosclair
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