



## The Angry Therapist: A No BS Guide to Finding and Living Your Own Truth (Paperback)

By John Kim

Parallax Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a lifestyle designer, not a therapist. His radical new approach, that he sometimes calls self-help in a shot glass is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of me too as opposed to you should. He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language --open, raw, and at times subversive -- and people...

DOWNLOAD



READ ONLINE

[ 8.19 MB ]

### Reviews

*A really awesome publication with perfect and lucid reasons. I was able to comprehend every thing using this published e pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Prof. Patsy Blanda

*Extensive information for book fanatics. Better than never, though i am quite late in start reading this one. I am just delighted to tell you that this is basically the best pdf i actually have go through within my personal daily life and might be he greatest pdf for actually.*

-- Guillermo Marquardt