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Make myself believe I have a mental  
illness... when I really don't?

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CBT - Everything You Need To Know

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Therapy Can Cure Your Depression  
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average folk, it is ...

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*New book explains to readers why bad psychology happens, how dangerous it is, and how to seek out good psychology*

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*Psychology Today*

I had never heard of wish therapy until

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I met Shauna Cummings, a Brooklyn-based wish coach, hypnosis expert, and author of *Wishcraft: A Guide to Manifesting a Positive Future*. I tried a session and, ...

*I Tried a Wishcraft Session and Said  
Goodbye to My Worst Critic Forever*

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Shepard MD Most people have had so much bad advice they put up a wall if you try.” What he does is explain how we feel, think and behave. How people and places relate to each other. “I’ll explain you to yourself ...

*'People probably have what it takes, I*

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*Shepard M.D explain what they have and how to use  
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A good theory provides a framework or explanation for why we do ... book, but our hope is that this is only the beginning of your development and growth in cultural humility, learning about yourself, ...

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*Cultural Humility: Engaging Diverse  
Identities in Therapy*

Monika shares the importance of looking up therapists online, and four things in particular people should be looking for.

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*Why You Should Google Your  
Therapist (and What to Look for)*

The midnight blue book with gold letters upon the cover reads, “Ragged, Spiritual Disciplines for the Spiritually Exhausted” by Gretchen Ronnevik.

*Theology in the trenches: ‘Ragged’*

*Page 20/34*

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*From art to acoustic guitars, Columbus-*

*Page 21/34*

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books*

Shah, 37, from Northampton was on the brink of breakdown. She is one of a breed of 'recovering perfectionists' who have since overcome their compulsion to excel.

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*Toxic curse of trying to be 'Little Miss Perfect': More and more women feel under pressure to excel in everything they do — often with catastrophic consequences. Now one ...*

As many as 40 million Americans are affected by anxiety and for those seeking self-help, there are many apps

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## *20 Best iPhone Apps to Help Manage Anxiety*

As testosterone rises in boys, the expression of emotions related to fear and vulnerability, like crying, fall dramatically. But as females mature,



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rates of crying don't change much  
from childhood. It ...

*How understanding testosterone will  
help you understand yourself (and  
everyone around you) better*

PRINCE HARRY and Meghan Markle  
have found themselves at the centre of

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a reported rift in the Royal Family since their bombshell interview with Oprah Winfrey. A relationship expert has issued advice to ...

*'Leave it all behind': Tips to heal royal rift for Harry and Meghan by relationship expert*

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Don't force yourself ... with a therapy modality that a therapist recommended to you? What did you do? Enjoy my writing? Find my writing and advocacy on Instagram and poetry book on Amazon.

*You Might Not Connect With the 'Most*

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*Successful' Type of Trauma Therapy,  
and That's OK*

A few days after Dr. Jen Gunter learned that she'd made the New York Times bestseller list with her new book, "The Menopause Manifesto: Own Your Health With Facts and Feminism," the ...

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*Why it's so hard to talk about 'down there': The doctor who is normalizing menopause*

Lano Bandz reveals how he got into music, doing both rap and R&B covers, how he got his name, the independent grind, collaborating with

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*Lano Bandz On Jacksonville Roots,  
What “Street Therapy” Means And  
More*

Blue light — from the sun, your phone,  
fluorescent lights, and other screens —  
sends signals to your brain to wake

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up. Here's how to not let it mess with  
your sleep.

*Blue Light: What Is It and How Does It  
Affect Your Sleep?*

“As you grow older, you will discover  
that you have two hands – one for  
helping yourself ... down notes for the

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Shapard M.D. chapters of a music therapy book that he's co-authoring with his father ...

*Malaysian educator creating music therapy book for children with special needs*

Yes, yes, we all know we need to exercise, but it's tough to do ...



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mainly as a clothes rack. Making  
exercise more pleasant. Would it help  
to put a TV or ...

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