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FUCK IT THERAPY: THE PROFANE WAY TO PROFOUND HAPPINESS



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Fuck it Therapy: The Profane Way to Profound Happiness, John Parkin, If every therapist and psychotherapist on the planet could repeat this to their clients, like a mantra, again and again, there would be fewer therapists and psychotherapists. Because it works. Very quickly. Realising that what you're worrying about and stressing over doesn't really matter so much in the grand scheme of things is the door to freedom and healing....

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- Authored by John Parkin
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