



Who Needs A Damn Therapist Anyway?: A Guide to BELieving in YOUrself

By Cecilia A. Tucker Lmft

Cecilia A. Tucker. Paperback. Condition: New. 138 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This is an uplifting, humorous, and sensible self-help book; a guide and workbook that can be used as a reference tool and a prescription to refill throughout your life. It is a personal formula for daily joy that can be utilized over and over again whenever old habits return or you need to refresh your spirit. Throughout the book, Cecilia will lend you her hope until you can find your own. As you read and use the tools in this book, you will be able to guide yourself off the road of Victim and onto the road of Victory. This is your opportunity to BELIEVE in YOURSELF. Let go of the myths and beliefs you've been living by for years and decide now to parent yourself in a nurturing, forgiving and unconditional fashion. If you aren't being treated with love and respect, check your price tag. Maybe you've marked yourself down. It is you who tells people what your worth is. Get off the clearance rack and behind the glass where they keep the valuables. -Author Unknown. E. E. Cummins said, Once we believe in ourselves we...



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