



## Practical Therapy: Wisdom for Your Relationship, Health, Self-Esteem, and Spirituality (Hardback)

By Anita Gadhia-Smith, Dr Anita Gadhia-Smith

iUniverse, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Dr. Anita Gadhia-Smith's professional expertise comes shining through in this book. Just as importantly, her personal experience and wisdom provide wonderful advice and guidelines for all areas of our lives! -Douglas Tieman, President/CEO, Caron Foundation, Caron Treatment Centers Dr. Anita Gadhia-Smith's practical wisdom reveals the human heart's desire to be fulfilled. Speaking the language of the heart, Dr. Smith encourages readers to cultivate the mystical dimension of their lives by contemplating ordinary wisdom and living life in an extraordinary way. -Fr. Mark Hushen, OSFS, President and CEO, Father Martin's Ashley This book is filled with wonderful truths and insights. In many ways, it's like the book of Proverbs in the Bible. Dr. Gadhia-Smith has hit another home run! -The Honorable John H. Dalton, Former Secretary of the Navy Dr. Gadhia-Smith is a thoughtful, sensitive therapist who has combined her personal and clinical experiences into a unique format that will be helpful to those people who are looking for ways to grow, and are willing to endure the discomforts that this search may involve. -George Kolodner, MD,...



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