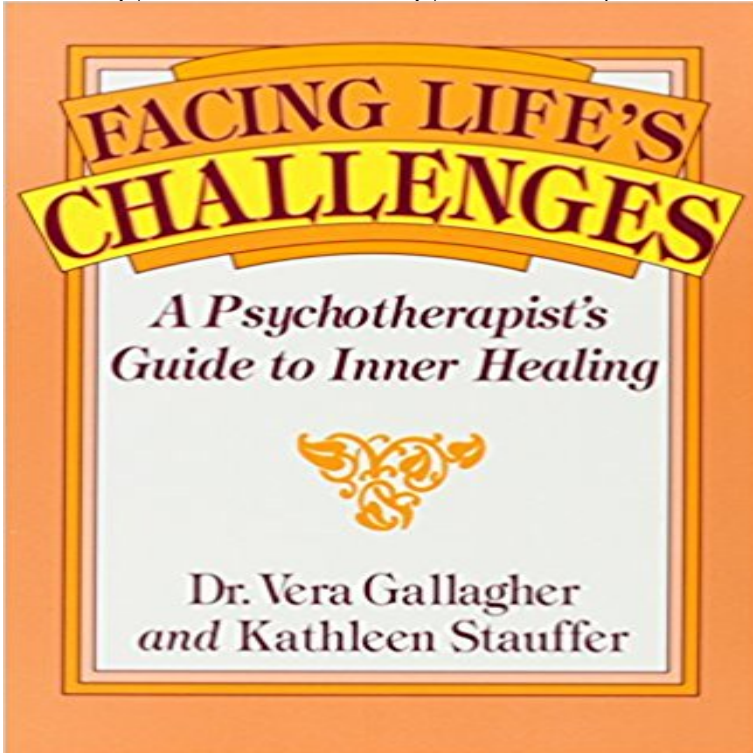


Facing Lifes Challenges: A Psychotherapists Guide to Inner Healing



The way to wellness is through illness; to wholeness, through brokenness. Everyone makes the journey at some time. Facing Lifes Challenges is a guidebook that affirms: Hang in there long enough, with sufficient determination, and you'll win. Dr. Gallagher has helped thousands in her 50 years as a mental health counselor. These clients, whom she calls heroes and whose stories she tells, work through every form of emotional, psychological and spiritual illness, including childhood abuse, anger, overeating addiction, anxiety, low self-esteem and depression.

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