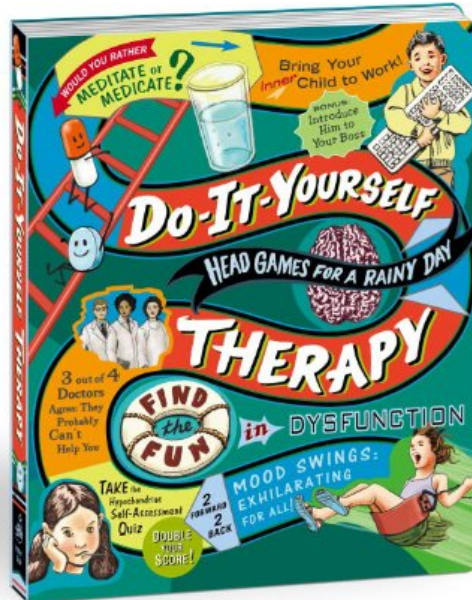


(Mobile ebook) Do It Yourself Therapy: Head Games for a Rainy Day

Do It Yourself Therapy: Head Games for a Rainy Day

Potter Style

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Potter Style : Do It Yourself Therapy: Head Games for a Rainy Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Do It Yourself Therapy: Head Games for a Rainy Day:

2 of 2 people found the following review helpful. Therapy for therapists...By Dr. BI work in the mental health field and saw this book in a supervisor's office.It is funny and cute, and pokes fun at therapists and the tools we use, but not in a degrading way. I ended up buying it for a white elephant Christmas exchange for mental health providers, thinking it would be a funny, tongue-in-cheek gift...it was well received!0 of 0 people found the following review helpful. Great work!By Hera SeeThere really is a laugh on every page. I fired my therapist! Great work!0 of 0 people found the following review helpful. Five StarsBy IamFritziThis is hilarious! Two of my friends are getting it for Christmas.

More affordable than your analyst, and more fun than webMD, this novelty book full of games, home remedies, and therapeutic activities for the obsessive, depressive, and passive-aggressive will help you diagnose your neurosis! You'll go crazy for tools like punch-out Rorschach Ink-Blot-from-Hell diagnostic cards, fill-in-the-blank therapy sessions with your personalized paper-doll analyst, bathroom vanity disguise kit featuring cover-up labels for your prescription meds, and the insanely accurate Neurosis Bingo (if you experience five symptoms listed on the board in one day, BINGO!, your disorder is revealed). Do-It-Yourself Therapy also offers curative activities like the "Can You Find the Happy Pills?" hidden picture game, an obsessive-compulsive to-do list, and Sorry-I'm-So-Crazy postcards to punch out and send to friends when your behavior has crossed the line.

About the Author Erik Larson, author of the international bestseller *Isaac's Storm*, has written for "Harper's," "The New Yorker," "The Atlantic Monthly," and "Time," where he is a contributing writer. He is a former staff writer for "The Wall Street Journal." He lives in Seattle with his wife, three daughters, and assorted pets, including a golden retriever named Molly.