



## Believe-In-Yourself Therapy

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By Daniel Grippo, R W Alley

One Caring Place. Paperback / softback. Book Condition: new. BRAND NEW, Believe-In-Yourself Therapy, Daniel Grippo, R W Alley, Life sometimes brings a loss or setback so unexpected or powerful that we feel confused, disoriented, and lost. We may feel overwhelmed by doubt and fear, and lose confidence and faith in our abilities, our judgement, and our basic goodness. This little book, with its wise and gentle elfin characters, is designed to help you recover self-confidence and move forward with life, filled with renewed hope and purpose.



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