
Career Counseling A Holistic Approach

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Career Counseling: A Holistic Approach *Cengage Learning*

Providing the most current, comprehensive coverage available, CAREER COUNSELING: A HOLISTIC APPROACH, 9th Edition equips students with a solid understanding of the theoretical models of career counseling and practical techniques on how to effectively counsel clients about career issues. Presenting the subject matter in a way that is relevant to all counseling students, Vernon Zunker uses an innovative holistic or "whole person" approach, demonstrating how to consider values, temperament, talents, and passions when integrating career with personal counseling to determine a client's best career fit. The thoroughly revised and updated Ninth Edition of this classic book includes chapters on integrating career and personal counseling, job loss and transitions, adult career development, and career-related programs in middle schools. In addition, diversity issues are integrated throughout, while relevant case studies bring chapter concepts to life. The text is also packed with tools to help students maximize their success in class and on the licensing exam. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Career Counseling: A Holistic Approach *Cengage Learning*

This highly successful book has been called the most comprehensive text on the market, providing students with needed career theory as well as practical techniques and examples. Through the author's clear writing style, case examples, tables, and exercises, students develop a solid understanding of the theoretical models of career counseling and are thoroughly exposed to the practical information on how to effectively counsel clients about career issues. As demonstrated by the text's new subtitle, 'A Holistic Approach,' this substantially revised Seventh Edition reflects the growing emphasis on looking at the whole person--values, temperament, talents, and passions--to determine his or her best career fit. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Career Counseling *Wadsworth Publishing Company*

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effectively counsel clients about career issues.

Career Counseling *John Wiley & Sons*

"This book establishes a new standard. The focus on 'holism, diversity, and strengths' sets a fresh direction for the field that will inspire today's counselors. Distinct from other texts both in terms of style and ease of use, Career Counseling provides a practical model that connects theory, practice, and resources in hopeful and affirming ways, while offering readers new skills and insights." —Rich Feller, PhD University Distinguished Teaching Scholar, Colorado State University Past President, National Career Development Association "Gysbers, Heppner, and Johnston have continued their excellent contributions to the field with this 4th edition. Their approach is highly practical for counselors in helping diverse clients prepare for and manage the changing workplace and economy. I enthusiastically recommend this book as a must-have resource for counseling professionals and as a textbook for graduate counseling programs." —Kenneth F. Hughey, PhD Kansas State University "We invite all students, professionals, and researchers to read this volume to enrich their practice, research, and the values by which they should be inspired to persist in being active agents of change in the world." —Laura Nota, PhD, and the Larios Vocational Psychology Team University of Padova, Italy The latest edition of this bestseller will help both counselors-in-training and experienced clinicians update and expand their existing knowledge and skills in career counseling with clients of all ages and circumstances. Significant attention is placed on expanding the career options and empowering the life choices of women; men; racial and ethnic minorities; gay, lesbian, bisexual, and transgender clients; clients from diverse socioeconomic backgrounds; and individuals with disabilities. Additional topics discussed include traditional and postmodern career theories and approaches, forming a productive alliance with the client, effective use of assessment inventories and instruments, helping clients respond to changes in the workplace and family life, working with resistant clients, developing client action plans, and bringing closure to the counseling process. A new chapter titled "Using Social Media in Career Counseling" rounds out this exceptional book. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

Career Counseling: A Holistic Approach *Cengage Learning*

Providing the most current, comprehensive coverage available, CAREER COUNSELING: A HOLISTIC APPROACH, 8e equips students with a solid understanding of the theoretical models of career counseling and practical techniques on how to effectively counsel clients about career issues. Keeping career counseling relevant to all counseling students, Vernon Zunker uses an innovative holistic or whole person approach, demonstrating how to consider values, temperament, talents, and passions when integrating career with personal counseling to determine a client's best career fit. The thoroughly revised and updated Eighth Edition of this classic includes all-new chapters on integrating career and personal counseling, job loss and transitions, adult career development, and career-related programs in middle schools. In addition, diversity issues are integrated throughout, while relevant case studies bring chapter concepts to life. The text is also packed with tools to help students maximize their success in class and on the licensing exam. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Wellness Counseling *John Wiley & Sons*

This innovative text presents a comprehensive review of the theoretical and empirical support for a wellness approach to counseling with current techniques for client assessment, case conceptualization, treatment planning, and intervention. The authors provide holistic strategies for wellness promotion with children, adolescents, and young, midlife, and older adults, as well as in counseling with groups, couples, and families. Each chapter includes reflection questions, learning activities, and resources to deepen readers' understanding of the content and application to practice. Wellness boosters offer quick methods for clients and counselors to increase their domain-specific and overall well-being. In addition, experienced counselors share their personal experiences implementing wellness interventions in "Practitioner Spotlight" vignettes. A chapter on counselor self-care completes the book. Jonathan H. Ohrt, PhD, is an associate professor and counselor education program coordinator at the University of South Carolina. Philip B. Clarke, PhD, is an associate professor in the Department of Counseling at Wake Forest University. Abigail H. Conley, PhD, is an assistant professor in the Department of Counseling and Special Education, and an affiliate faculty member in the Institute for Women's Health, at Virginia Commonwealth University. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website.

Career Counseling + Lms Integrated for Mindtap Counseling, 1-term Access

Using Assessment Results for Career Development *Cengage Learning*

An excellent resource in both career development and tests-and-measurement courses, USING ASSESSMENT RESULTS FOR CAREER DEVELOPMENT, 9th Edition vividly illustrates how to use assessment instruments to increase clients' self-awareness and help them make rational career choices. Extremely practical, this hands-on text delivers detailed information on applying knowledge of tests and measurements in clinical settings and using assessment results in a wide variety of counseling situations. Through case studies, charts, bulleted and numbered lists, dialogues, agency addresses, and more, students learn to truly master the use of assessment results. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Career Counselling *Routledge*

In a changing employment climate and with the growth of demand for careers guidance at all stages of life, careers guidance practice has moved from its positivist world view, with the counsellor as expert and client as passive responder, to more holistic 'constructivist' approaches. In essence, these approaches view the career as a holistic concept in which work and personal life are inextricably intertwined, and individuals are experts in their own lives, actively constructing their careers. The first to fully explore the constructivist approach, this book: provides a theoretical background to constructivism outlines a range of constructivist approaches to career counselling gives examples of the practical application of constructivism. Essential for anyone involved in career guidance wishing to learn more about this vital new approach, this book combines theory with practicable guidance, and represents a new direction for career counselling.

Studyguide for Career Counseling *Cram101*

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Integrative Life Planning Jossey-Bass

In the field of career development, Integrative Life Planning is a landmark book that recognizes the radical shifts in today's lifestyles and workplaces and offers a holistic counseling approach that joins career planning with the life path of an individual. Written by L. Sunny Hansen—a pioneer in career development—this important resource details her highly regarded concept of integrative life planning (ILP). As the book reveals, using the ILP framework enables career professionals, counselors, and their clients to develop career and life patterns that are holistic and focused on both individual satisfaction and community benefit. Integrative Life Planning provides an analysis of Hansen's revolutionary ILP concept that is anchored in an interdisciplinary framework of six critical tasks: finding work that needs doing in changing global contexts; weaving our lives into a meaningful whole, connecting family and work; valuing pluralism and inclusivity, exploring spirituality and life purpose; and managing personal transitions and organizational change. The book offers a wealth of ideas and information on each of the critical tasks as well as illustrative strategies and career interventions that can be used or adapted when implementing the ILP concept. ILP is an ideal approach for dealing with changes in work, family, learning, and society. Using a quilt metaphor, it integrates many aspects of individuals, families, and organizations including both the personal and the professional. In this pioneering work, the author advocates for people to make life choices and decisions consistent with the changes of a dynamic global society. The ILP concept takes into account self-satisfaction and the common good; personal accomplishment and community benefit. Hansen argues persuasively that this global approach can lead to more meaningful lives, more humane relationships, and a more caring society.

Career Counseling Thomson Brooks/Cole

The updated version of this successful text retains its clear, straightforward style as it addresses issues that will face practitioners in the 1990's. With a practical approach, special attention is given to adults in career transition and the needs of women.

Career Counseling American Psychological Association (APA)

APA offers the Theories of Psychotherapy Sense as a focused resource for understanding the major theoretical models practiced by psychotherapists today. Each book presents a concentrated review of the history key concepts, and application of a particular theoretical approach to the assessment, diagnosis, and treatment of clients. The series emphasize Solid theory and evidence-based practice, illustrated with rich case examples featuring diverse clients. Practitioners and students will look to these books as jewels of information and inspiration. Book jacket.

Career Counseling Cognella Academic Publishing

Featuring contributed chapters by experts in the discipline, Career Counseling: A Holistic View of Lifespan and Special Populations is designed to help readers competently and effectively provide career counseling to diverse populations at all stages of life. The book begins by presenting foundational concepts for career counselors, including an overview of the historical context of the career counseling profession, models, and theories, as well as critical information on ethical and legal issues related to career development and employment. The text offers research-based techniques and interventions for working with children, adolescents, adults, and older adults. Additional chapters explore career counseling approaches for multicultural groups, LGBT clients, individuals with disabilities, veterans, ex-offenders, and more. Closing chapters address group career counseling; intakes, assessments, and measurements; and advocating and marketing to employers and human resources. Throughout, the book features examples of events that affect the workplace and workforce within the current climate, including socio-economic trends and diverse barriers that are easily overlooked, but are critical to consider in contemporary practice. Career Counseling is an ideal core textbook for undergraduate and graduate-level courses in career, clinical rehabilitation, and general counseling, as well as human resources.

Career Counseling

Providing the most current, comprehensive coverage available, CAREER COUNSELING: A HOLISTIC APPROACH, 9th Edition equips readers with a solid understanding of the theoretical models of career counseling as well as practical techniques on how to effectively counsel clients. The text's innovative holistic or "whole person" approach demonstrates how to consider a client's values, temperament, talents, and passions when trying to determine his or her best career fit. Thoroughly revised and updated, the ninth edition includes chapters on integrating career and personal counseling, job loss and tran.

Career Choice and Development John Wiley & Sons

The fourth edition of Career Choice and Development brings together the most current ideas of the recognized authorities in the field of career development. This classic best-seller has been thoroughly revised and expanded to include the most influential theories of career choice and development, and it contains up-to-date information regarding the application of these theories to counseling practice. This edition contains a wide range of career development theories that explore how people develop certain traits, personalities, self-precepts, and how these developments influence career decision making. This information will challenge teachers, researchers, and those involved in fostering career development to reexamine their assumptions and practices.

Career Counseling

This highly successful book has been called the most comprehensive text on the market, providing students with needed career theory as well as practical techniques and examples. Through the author's clear writing style, case examples, tables, and exercises, students develop a solid understanding of the theoretical models of career counseling and are thoroughly exposed to the practical information on how to effectively counsel clients about career issues. As demonstrated by the text's new subtitle, 'A Holistic Approach,' this substantially revised Seventh Edition reflects the growing emphasis on looking at the "whole person"-values, temperament, talents, and passions-to determine his or her best career fit.

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Providing the most current, comprehensive coverage available, CAREER COUNSELING: A HOLISTIC APPROACH, 8e equips readers with a solid understanding of the theoretical models of career counseling as well as practical techniques on how to effectively counsel clients. The text's innovative holistic or "whole person" approach demonstrates how to consider a client's values, temperament, talents, and passions when trying to determine his or her best career fit. Thoroughly revised and updated, the cutting-edge new Eighth Edition includes all-new chapters on integrating career and personal counseling, job loss and transitions, adult career development, and career-related programs in middle schools. In addition, diversity issues are integrated throughout, while relevant case studies bring chapter concepts to life.

Career, Work, and Mental Health *SAGE Publications*

Individuals seeking career counseling often present with a complex array of issues, and thus it is often difficult for counselors to separate career satisfaction and development from other mental health issues. Career, Work, and Mental Health examines this tightly woven connection between mental health issues and career development and offers practical ways for counselors to blend career and personal counseling. Taking this integrative approach, author Vernon Zunker offers step-by-step procedures for delivering effective intervention strategies – tactics that are meaningful and relevant to career choice, career development, and the interconnectedness of personal problems.

Career Counseling *Routledge*

Career Counseling, 3rd edition, provides a comprehensive, holistic overview of the foundations of career counseling, information on the most effective skills and techniques, and contextual perspectives on career and lifestyle planning, all by nationally and internationally recognized experts. Updated chapters introduce important material not often addressed in introductory texts, such as rehabilitation, addictive behaviors, counseling couples and families, and working with ethnic and gender/sexual minority clients. Included throughout the text are case studies, informational sidebars, and experiential activities that enhance the reading and encourage additional contemplation of chapter content. Readers can also turn to the book's companion website for chapter test questions, PowerPoints, and additional resources.

Handbook of Career Counseling for Women *Routledge*

The goal of this book is to give career counselors knowledge awareness, and skills to work with diverse girls and women to make their lives as authentic, meaningful, and rewarding as they can possibly be. It is designed to help career counselors work with diverse girls and women as they pursue the ever widening choices in their lives. In addition, the text: *focuses on the history of the field and provides the social-historical context for its development; *discusses basic issues and concepts in the career development and counseling of women; *discusses the needs of women from different ethnic backgrounds, income levels, and sexual preferences; *reviews critical gender issues in many forms of qualitative and quantitative assessment; *describes the use of a critical feminist approach to career counseling; *discusses dual career and dual earners' career needs; *focuses on the rapid growth in science/technology/engineering and mathematical (STEM) occupational fields; and *examines the career counseling needs of women in management positions. Handbook of Career Counseling for Women, Second Edition appeals to anyone

interested in their own career development and those of clients, students, daughters, and other important girls and women in their life.

Leading Schools With Social, Emotional, and Academic Development (SEAD) *IGI Global*

There is a growing need for social, emotional, and academic development (SEAD) in classrooms, schools, districts, and state offices of public education, but educators struggle to find a resource that guides them on these specific challenges. Educators need valid resources as a means to better prepare themselves to use SEAD within their work and support student success. Tangible evidence-based practices on SEAD implementation and how it mitigates leading challenges in education is a current need in the research community. Challenges such as school safety, discipline and restorative practices, and workforce readiness are a few challenges that are currently in need of being addressed. SEAD in school systems may be a solution for some of these areas of concern as well as providing additional benefits for students, educators, and school systems. Leading Schools With Social, Emotional, and Academic Development (SEAD) provides theoretical and applied frameworks for evidence-based strategies to embed SEAD practices into sustainable and measurable high-impact systems. SEAD advancements and successful applications in increasing student academic achievement, campus safety and school climate, adult SEAD skills, and family/parent and community engagement are discussed. This book is ideal for in-service and preservice teachers, administrators, teacher educators, practitioners, researchers, academicians, and students interested in the applications and successful models of SEAD implementation in schools.

Career Development and Counseling *SAGE Publications*

Career Development and Counseling: Theory and Practice in a Multicultural World provides a comprehensive overview of career development theories with a unique multicultural framework. Aligned with the latest standards set forth by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the text focuses on applications across a variety of settings and populations. Each chapter contains numerous case illustrations and learning activities designed to help readers understand the complexities of multicultural aspects of individual career development. Counseling students in training, in addition to working counseling professionals, will find this book as a useful resource for today's diverse world. Career Development and Counseling is part of SAGE's Counseling and Professional Identity Series. To learn more about each text in the series, please visit sagepub.com/cpiseriess.

Using Assessment Results for Career Development
Brooks/Cole Publishing Company

An excellent resource in both career development and tests and measurement courses, this practical book illustrates how to use assessment results to increase clients' self-awareness and help them make rational career choices. Readers will find detailed information on applying knowledge of tests and measurements in clinical settings and using assessment results in a wide variety of counseling situations.

Career Counseling *Cognella Academic Publishing*

Featuring chapters written by experts in the discipline, Career Counseling: Theory, Practice, and Application provides readers with a strong foundation in career counseling history, theory, and clinical assessment that will allow them to develop the skills and

competencies needed to become effective, ethical counseling practitioners in today's diverse society. Students discover how integral and evident the topic of career is within contemporary counseling sessions, the importance and practical applications of career development, and how to incorporate career and counseling theory within personal practice. The text provides a roadmap for integrating counseling and career theory into a strong and functional model to serve clients. It offers students critical knowledge and demonstrates various therapeutic techniques through client transcripts, bridging theory and practice. Dedicated chapters cover major theories of career counseling, providing counsel across the lifespan and for diverse populations, the use of narrative therapy, solution-focused brief therapy, Adlerian techniques, and cognitive behavioral therapy with clients, and more. Underscoring the importance of career counseling in today's world, *Career Counseling* is an ideal core textbook for graduate-level students in career counseling courses offered in CACREP and non-accredited vocational counseling programs.

The Psychology of Working *Routledge*

In this original and major new work, David Blustein places working at the same level of attention for social and behavioral scientists and psychotherapists as other major life concerns, such as intimate relationships, physical and mental health, and socio-economic inequities. He also provides readers with an expanded conceptual framework within which to think about working in human development and human experience. As a result, this creative new synthesis enriches the discourse on working across the broad spectrum of psychology's concerns and agendas, and especially for those readers in career development, counseling, and policy-related fields. This textbook is ideal for use in graduate courses on counseling and work or vocational counseling.

Instructor's Manual with Test Bank for Zunker's Career Counseling, a Holistic Approach, Seventh Edition

Essential Elements of Career Counseling *Pearson College Division*

This accessible look at "how to do career counseling" clearly defines the profession and the competencies counselors need to pursue as part of their training. Straightforward and accessible, *Essential Elements of Career Counseling* focuses on the practice of career counseling, examined through the basic techniques and resources useful in supporting the theories of career choice and development. The use of the Internet as a career counseling tool is emphasized; emerging issues such as Web-based counseling are explored; and case studies illustrate authentic counseling strategies and techniques in action. This edition features a new look at such areas as using group counseling methods in job searches and using the resume to inspire the development of career stories, providing a highly practical look at the practice of career counseling today.

A Strength-based Approach to Career Development Using Appreciative Inquiry *National Career Development Assn*

Suicide Assessment and Treatment Planning *John Wiley & Sons*

This practical guide provides a holistic, wellness-oriented approach to understanding suicide and working effectively with clients who are suicidal. John and Rita Sommers-Flanagan's culturally sensitive, seven-dimension model offers new ways to collaboratively integrate solution-focused and strengths-based strategies into clinical interactions and treatment planning with

children, adolescents, and adults. Each chapter contains diverse case studies and key practitioner guidance points to deepen learning in addition to a wellness practice intervention to elevate mood. Personal and professional self-care and emotional preparation techniques are emphasized, as are ethical issues, counselor competencies, and clinically nuanced skill building. "This engaging book provides considerable insight into the dynamics around suicide, the emotional distress involved, and how counselors can best assist clients while also focusing on their own health and wellness. The Sommers-Flanagans' strengths-based approach will allow practitioners to connect with their clients and offer understanding and hope when they are most needed." —Kelly Duncan, PhD, LPC ACES Executive Director "I will read anything that the Drs. Sommers-Flanagan write. This book, however, is one where I took my time and savored each page. Why? Because suicide is emotionally charged, societally and individually taboo, scary, and near the top of the list of more common and feared client experiences. This book treats suicide assessment and treatment in an intelligent, thoughtful, and practical way for clients and clinicians. It humanizes suicidal ideation and, in doing so, helps the reader better understand how to truly care for those in distress." —Matt Englar-Carlson, PhD California State University, Fullerton About the Authors John Sommers-Flanagan, PhD, is a professor of counseling at the University of Montana and the author or coauthor of more than 100 professional publications. Rita Sommers-Flanagan, PhD, is a professor emerita of counseling at the University of Montana. She is a psychologist, poet, blogger, and the author or coauthor of almost as many publications as John. *Requests for digital versions from ACA can be found on www.wiley.com *To purchase print copies, please visit the ACA website here *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

Counseling 21st Century Students for Optimal College and Career Readiness *Routledge*

In order for students to compete in today's global economy, our schools need to help them develop better cognitive and technological skills. School counselors have an enormous impact on students' achievement and their success in their post-secondary education, yet initiatives to improve student outcomes often overlook them. Fitzpatrick and Costantini present their own action-based curriculum for high school counselors that will meet the needs of 21st century students, helping to foster their growth and ambition and actively engage them in learning what they need to succeed beyond high school. Important steps covered in this curriculum include Making the transition to ninth grade successful Using technology in the advising process, such as online resources for college and career research, assessing interests, and structuring advising sessions Preparing for standardized testing and using it to motivate students about the college application process Assisting students in researching careers and colleges, making the most of college visits, applying for college, and writing the application essay Equally important, the book focuses on the counselor and his or her role as an advocate and leader for students and details running a guidance office, working with parents, and writing Secondary School Reports. While applicable for all school counselors and students, the authors' curriculum has a special focus on students in urban public schools to enable them to have the same experiences as their counterparts in suburban and private schools. An accompanying CD contains the tables, exercises, and charts from the book so they can be easily accessed and reproduced.

Career Development and Counseling *John Wiley & Sons*

"This is a must-have for any researcher in vocational psychology or career counseling, or anyone who wishes to understand the empirical underpinnings of the practice of career counseling." - Mark Pope, EdD College of Education, University of Missouri - St. Louis past president of the American Counseling Association Today's career development professional must choose from a wide array of theories and practices in order to provide services for a diverse range of clients. *Career Development and Counseling: Putting Theory and Research to Work* focuses on scientifically based career theories and practices, including those derived from research in other disciplines. Driven by the latest empirical and practical evidence, this text offers the most in-depth, far-reaching, and comprehensive career development and counseling resource available. *Career Development and Counseling* includes coverage of: Major theories of career development, choice, and adjustment Informative research on occupational aspirations, job search success, job satisfaction, work performance, career development with people of color, and women's career development Assessment of interests, needs and values, ability, and other important constructs Occupational classification and sources of occupational information Counseling for school-aged youth, diverse populations, choice-making, choice implementation, work adjustment, and retirement Special needs and applications including those for at-risk, intellectually talented, and work-bound youth; people with disabilities; and individuals dealing with job loss, reentry, and career transitions Edited by two of the leading figures in career development, and featuring contributions by many of the most well-regarded specialists in the field, *Career Development and Counseling: Putting Theory and Research to Work* is the one book that every career counselor, vocational psychologist, and serious student of career development must have.

Counselor Self-Care *John Wiley & Sons*

Self-care is critical for effective and ethical counseling practice and this inspirational book offers diverse, realistic perspectives on how to achieve work-life balance and personal wellness from graduate school through retirement. In addition to the authors' unique perspectives as professionals at different stages of their careers, guest contributors—ranging from graduate students, to new professionals, to seasoned counselors—share their experiences and thoughts about self-care, including what challenges them most. Both personal and conversational in tone, this book will help you to create your own practical self-care

action plan through reflection on important issues, such as managing stress, establishing personal and professional boundaries, enhancing relationships, and finding meaning in life.

Career Counseling *Allyn & Bacon*

Outlining an approach to career counseling and a holistic model of human development, this book focuses on contextual issues like race, ethnicity, gender, sexual orientation, disability, and social class. While basing its prescriptions on theoretical concerns, the book outlines practical techniques.

Chptr Quiz-Career Counsel *Brooks/Cole Publishing Company*

This booklet, free when bundled with the text, contains chapter-by-chapter quiz questions.

International Handbook of Career Guidance *Springer Nature*

This handbook offers a comprehensive review on career guidance, with an emphasis on the applied aspects of guidance together with research methods and perspectives. It features contributions from more than 30 leading authorities in the field from Asia, Africa, America, Australasia and Europe and draws upon a wide range of career guidance paradigms and theoretical perspectives. This handbook covers such subjects as educational and vocational guidance in a social context, theoretical foundations, educational and vocational guidance in practice, specific target groups, testing and assessment, and evaluation.

Your Body Knows How to Heal *Hybrid Global Publishing*

As the founder of the Holistic Counseling Center in Raynham and Plymouth Massachusetts, I talk with people every day who are struggling. A full ninety percent of the patients who seek out my services are so stressed it's taking a toll on their health—they're experiencing lack of sleep, irritability, anxiety, and even actual medical conditions such as autoimmune diseases, infertility, digestive issues, diabetes, migraines, and cardiovascular illness. *Your Body Knows How to Heal* walks readers through the exact system I use to help the patients I see in my clinic. And I am living proof this works!

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