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Nota di bibliografia	Includes bibliographical references (p. 199-204) and index.
Nota di contenuto	What you should know about therapy -- Who offers help and does it make a difference? -- How treatment is kept accountable -- Seeking the healing patient-therapist relationship -- How helpful is diagnosis? -- What is different about different therapies? -- How we discover what works -- What works with what problems? -- Am I crazy, or is it my shrink?
Sommario/riassunto	This book offers practical, supportive advice for patients in therapy and seeking a change, or those searching for their first therapist. Two professionals join forces with a journalist and sort through more than 400 recommended therapies.