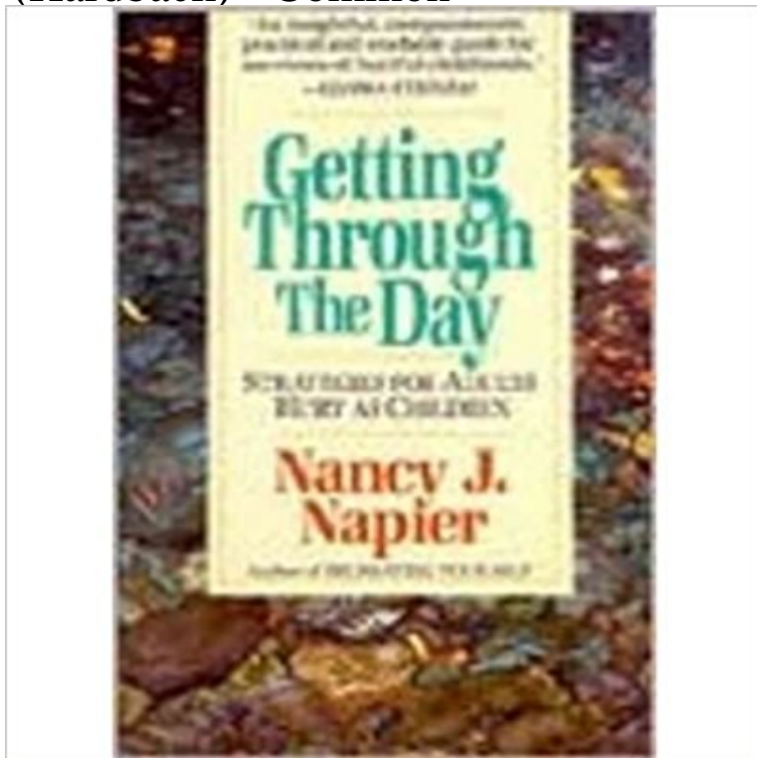


Getting through the Day - Strategies for Adults Hurt as Children (Paper) (Hardback) - Common



Getting Through the Day enables adults who were traumatized as children to learn new strategies to meet the demands of daily living. Counselor Nancy Napier presents dozens of exercises helpful to anyone who finds that unresolved childhood feelings are blocking lifes path.

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