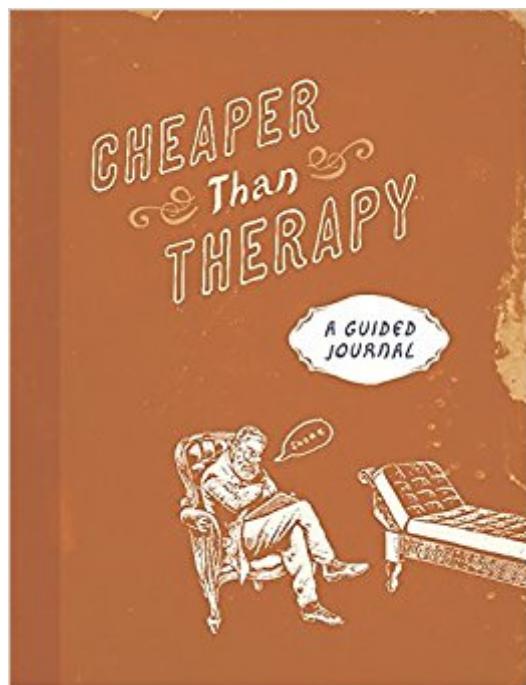


The book was found

# Cheaper Than Therapy: A Guided Journal



## Synopsis

We all know that therapy is just an expensive way to dump out all the feelings and stories that are too embarrassing to share with the people in your life. Now, in *Cheaper Than Therapy*, you can journal about your childhood, your recurring dreams, and what your relationship was like with your parents. Filled with 120 tongue-in-cheek prompts, thought-provoking quotes from the likes of Carl Jung, Rorschach inkblot tests, dream analysis, and word association tests straight out of a therapist's head, *Cheaper Than Therapy* is the best of therapy; with none of the pointed looks and the not-so-therapeutic, "What do you think that means?" • and "Let's explore that further." • Who needs a therapist when you have this brilliant (and much cheaper) journal?

## Book Information

Paperback: 144 pages

Publisher: Running Press; Gjr edition (June 28, 2016)

Language: English

ISBN-10: 076245976X

ISBN-13: 978-0762459766

Product Dimensions: 6.6 x 0.8 x 8.8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 12 customer reviews

Best Sellers Rank: #58,149 in Books (See Top 100 in Books) #120 in Books > Humor & Entertainment > Humor > Self-Help & Psychology #268 in Books > Self-Help > Creativity #432 in Books > Humor & Entertainment > Humor > Satire

## Customer Reviews

A fun, adorable journal to kick you out of your "blues". Laughter is the best medicine!

Great book! Much needed Therapy! Great price!

I got this as a gift and the recipient loved it! It really is cheaper than therapy!

Delivers as promised!

This book is hilarious and useful. It's a whimsical self-guided therapy journal, you can be as

sarcastic or authentic as you would like without someone raking in \$100+ an hour telling you how to think or feel. I find it to be a nice way to end each day, a little self-reflection goes a long way in personal improvement. I would not recommend this book for anyone who wants a stodgy self-help book, but would highly recommend it for people who can laugh at themselves and learn a few things along the way.

This is so much fun! It makes me smile, it also makes me think and gives advice without even realizing. There's one page that asks what my ideal future would look like. then, on the next page it asks what I'm doing now to make it come true. I thought that was cool!

Very Creative and therapeutic! Along with many different questions and writing prompts, it also has fun little personality quizzes.

This book would make a great gift. It's an interesting and humorous exercise and produced some surprising insights!

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Cheaper than Therapy: A Guided Journal Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Exponential Organizations: New Organizations Are Ten Times Better, Faster, and Cheaper Than Yours (and What to Do About It) Exponential Organizations: Why new organizations are ten times better, faster, and cheaper than yours (and what to do about it) The Single Guy Cookbook: How to Cook Comfort Food Favorites Faster, Easier and Cheaper than Going Out Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program

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