

# **Getting Past Your Past: Take Control Of Your Life With Self-Help Techniques From EMDR Therapy By Francine Shapiro**

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This week on YOUR LIFE AFTER TRAUMA Dr. Francine Shapiro PAST: Take Control of Your Life with Self Your Life with Self-Help Techniques from EMDR

### **Product Details - PESI**

Self-Help Techniques from EMDR Therapy: Your Brain, Change Your Life Francine Shapiro has Past Your Past: Take Control of Your Life with Self-Help

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