



Ego State Therapy

Gordon Emmerson

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Mastering the subject of ego state therapy can help answer such questions as "What creates the words we hear in our mind?" or "What internal system produces depression, panic attacks, and addiction?" Emmerson's innovative book presents the theory and practice of working with ego states, helping to understand them, recognize and use them. Working directly with the ego state that needs assistance provides the shortest distance between the goal and the solution. The practical techniques described will help you to locate ego states in pain, trauma, anger, or frustration and facilitate expression, release, comfort, and empowerment.

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