

NINA DANIELSON, M.S.W.

# What To Do When Your Therapist Isn't There

A 24/7 Guide to Coping with Life on Your Own

If you've ever wandered through the self-help section of a bookstore and wondered whether you need the tome on depression or the treatise on codependence, the textbook on anxiety or the reference on grief, this book is for you. As the only simple introduction to psychological stressors and issues, *What To Do When Your Therapist Isn't There* by Nina Danielson helps you understand the problems you may face and offers practical steps for dealing with them on your own.

*What To Do When Your Therapist Isn't There* discusses common problems from depression to codependence to fear of change, along with their warning signs and ways to cope with them. A general encyclopedia of psychological subjects, allowing the reader to self-diagnose without having to thumb through several complicated volumes on each subject, *What To Do When Your Therapist Isn't There* brings together all the information you need in one, easy-to-use guide written in an easy-to-understand way.

Though self-help books cannot and should not replace the therapeutic process, *What To Do When Your Therapist Isn't There* can help you break through your mental blocks and get unstuck to live a fuller and happier emotional life.

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**\$15.95 paper (Can. \$21.00)**

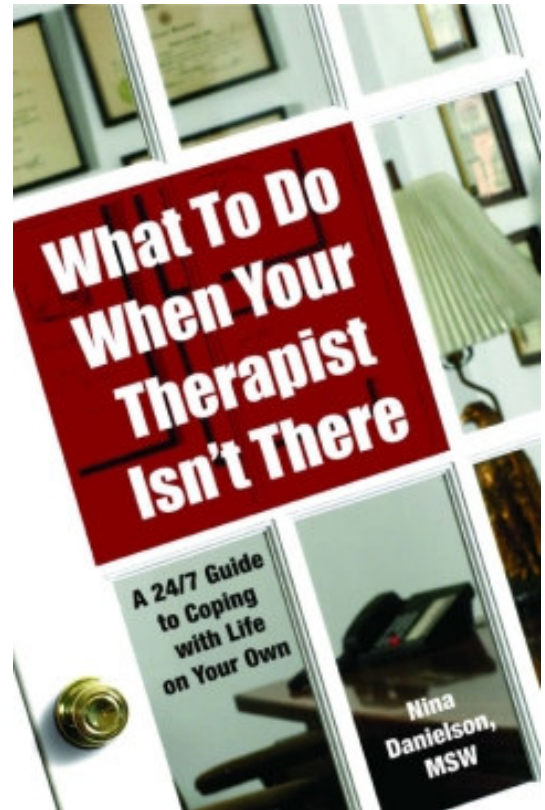
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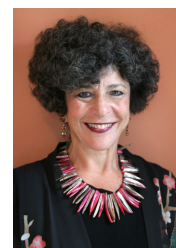
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**SELF-HELP/PSYCHOLOGY**



**Nina Danielson, M.S.W.**, is a well respected, seasoned therapist and lecturer with 40 years of



experience. She is an advisor to The Compassionate Friends, a support network for bereaved parents and siblings, she earned her Masters of Social Work from Columbia University. She maintains a private practice on Cape Cod, Massachusetts, where she lives with her husband. She has three children and two grandchildren.

## **MARKETING HIGHLIGHTS:**

- ❖ National media attention
- ❖ Author appearances
- ❖ Advance reading copies

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