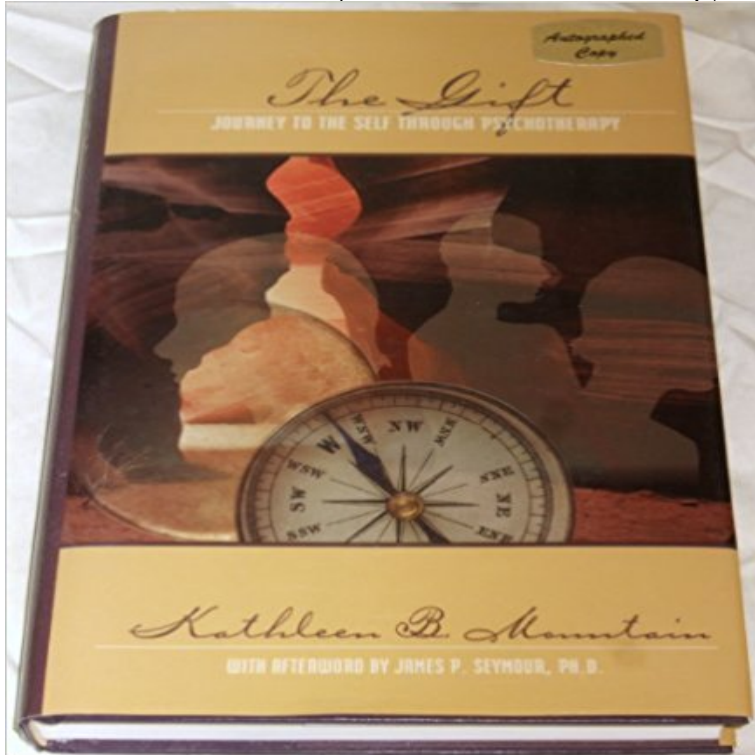


The Gift: Journey to the Self Through Psychotherapy



The Gift is a personal story that describes the authors experience as a psychotherapy patient. This is a book about what Psychotherapy can be: a journey. Kathleen documents her struggles, growth, and courage in wonderful detail from the clients perspective in hopes of educating people about the process of psychotherapy. She hopes that individuals who read her book will feel encouraged to seek psychotherapy treatment if they need it.

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