



The 4 Steps to Peace of Mind: The Simple Effective Way to Cure Our Emotional Symptoms

Henry Kellerman

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We strive to be psychologically healthy?happy, productive, balanced, calm. But nearly every one of us has suffered from some kind of psychological problem?depression, anxiety, fear of heights or crowds, obsessions, compulsions, and dozens of other troubles. In this book, richly experienced psychoanalyst Dr. Henry Kellerman explains the four things we need to do to solve many of the psychological problems that come up in life. He then shows how his method has worked in a variety of cases that he has handled over the course of his psychoanalytic career. Anyone can easily understand and apply these steps to free oneself from personal patterns that bedevil us.

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