



**WHILE WAITING FOR A THERAPIST**  
**Take control of your psychological health**  
**one challenge at a time**  
Isabelle Soucy, Psychologist  
Foreword by Matthieu Ricard

**Creative approaches for regaining well-being and equilibrium.**

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Life is a journey with its share of twists and turns, full of pitfalls, stormy weather, and clear skies. Sooner or later, we all face difficulties that can cause symptoms of distress. Unfortunately, it's not always easy to get to see a psychologist or other mental health professional, and sometimes we find ourselves all alone, not really knowing how to handle the emotions that are overwhelming us. The purpose of this book is to support readers experiencing turmoil in their everyday lives and guide them toward a meaning-filled life, by means of a flexible and personalized approach based on gentleness and understanding.

The author reminds us first of all that difficulties and questioning are part of life; she then outlines various psychological strategies whose effectiveness is recognized by scientific studies. Lastly, she encourages us to give ourselves time and space to experience our emotions with compassion. A thousand and one secrets for a better life are presented in the form of short tips. Reading them one at a time will prepare you either to seek further professional therapy or to continue on your path with a greater feeling of freedom.

### Strong points

- Tools inspired by emerging psychological trends: mindfulness, cognitive-behavioural therapy (CBT), positive psychology and acceptance and commitment therapy.
- Written to be understood by a wide readership.
- A practical approach to feeling better.
- Examples of clinical cases that readers can identify with.

**Subjects:** psychology, self-therapy, mindfulness, personal development, balance, fulfilment, wellness, acceptance, caring, distress, mental health, emotions

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**KEEP CALM**  
**THROUGH CHAOS**