



Your Many Faces: The First Step to Being Loved

Virginia Satir

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Each one of us has a medley of "faces" that composes our individual personality: intelligence, anger, love, jealousy, helplessness, courage, and many more. We're often quick to judge these characteristics as either positive or negative, without recognizing that we need *each* of them in order to become fuller, more balanced human beings. Originally written in 1978 by renowned psychotherapist Virginia Satir, the timeless classic *Your Many Faces* has been updated and reissued—and is as relevant today as ever. In a refreshingly candid style, Satir takes us on a lively and insightful journey of self-discovery and transformation. We learn how to acknowledge, understand, and manage our many faces—and in doing so, open up a world of possibilities for ourselves. This new edition also features a compelling foreword by Mary Ann Norfleet, PhD, which explores Satir's pioneering approaches to psychology and her enduring legacy in the field of family therapy.

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Stacie Logan:

A lot of people always spent all their free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book that you read you can spent all day long to reading a e-book. The book *Your Many Faces: The First Step to Being Loved* it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book has high quality.

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