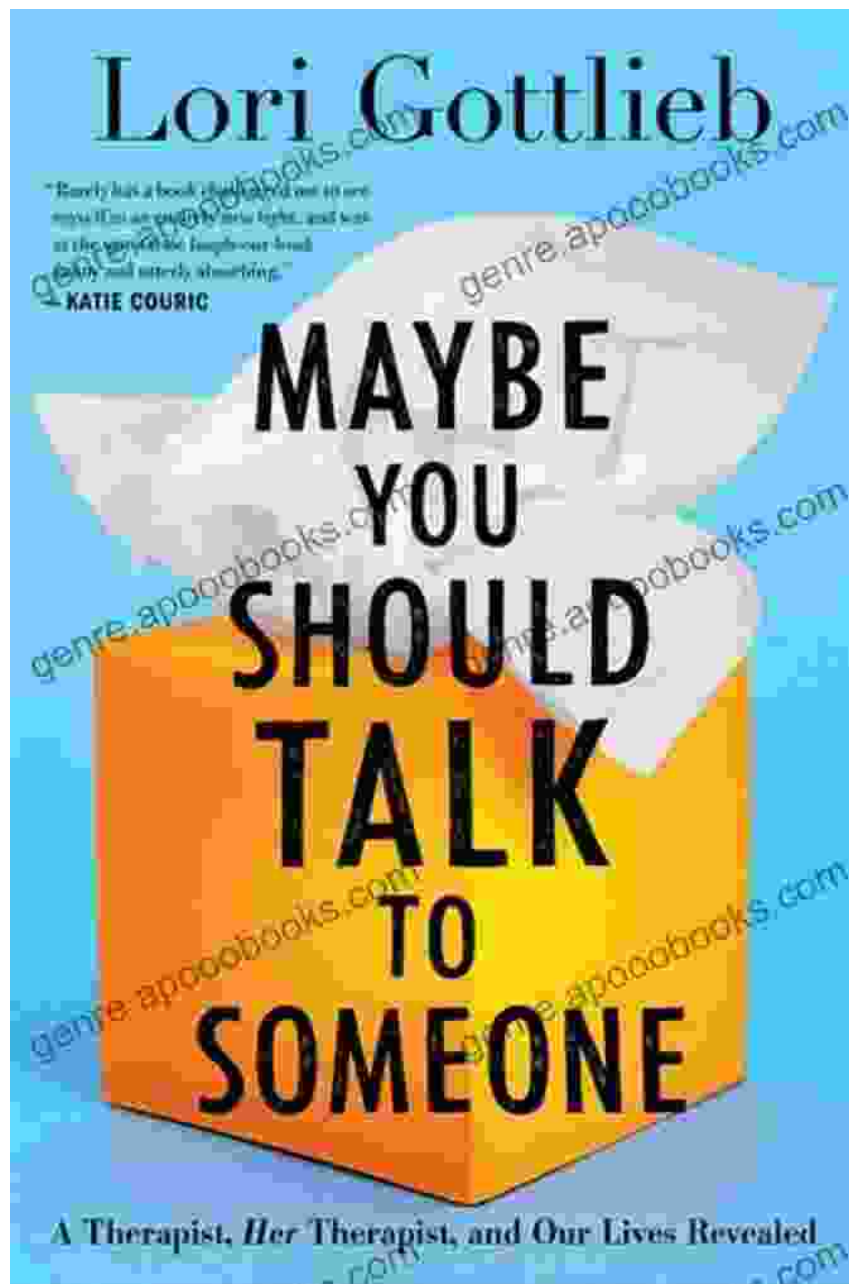
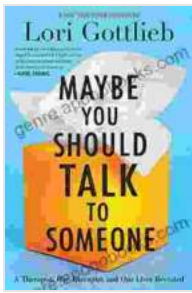


Maybe You Should Talk to Someone



A Therapist's Guide to Getting the Help You Need

By Lori Gottlieb



Maybe You Should Talk To Someone: A Therapist, HER Therapist, and Our Lives Revealed by Lori Gottlieb

★★★★☆ 4.6 out of 5

Language : English
File size : 5439 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 433 pages



In *Maybe You Should Talk to Someone*, Lori Gottlieb, a therapist with over twenty years of experience, uses her personal and professional experiences to explore the benefits of therapy and how it can help you overcome challenges and live a more fulfilling life.

Gottlieb writes about her own experiences with therapy, from her initial reluctance to seek help to the profound impact it has had on her life. She also shares the stories of her patients, each of whom is struggling with their own unique challenges.

Through these stories, Gottlieb shows how therapy can help people:

- Cope with difficult emotions
- Improve relationships
- Make better decisions
- Live more meaningful lives

Maybe You Should Talk to Someone is a must-read for anyone who is considering therapy or who is simply curious about what it can offer. Gottlieb's writing is honest, insightful, and often funny, and she provides a wealth of practical advice that can help you get the most out of therapy.

Reviews

“Lori Gottlieb's *Maybe You Should Talk to Someone* is a funny, wise, and deeply moving book about the power of therapy. Gottlieb writes with great honesty and insight about her own experiences with therapy, and she shares the stories of her patients with sensitivity and compassion. This book is a must-read for anyone who is considering therapy or who is simply curious about what it can offer.”

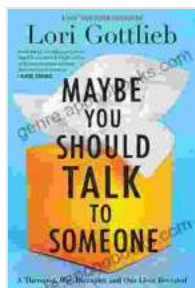
– ****The New York Times****

“*Maybe You Should Talk to Someone* is a tour de force. Lori Gottlieb is a brilliant therapist and a gifted writer, and she has written a book that is both deeply personal and universally relatable. This book will change the way you think about therapy and the way you live your life.”

– ****The Washington Post****

“*Maybe You Should Talk to Someone* is a must-read for anyone who has ever considered therapy or who is simply curious about what it can offer. Gottlieb writes with great honesty and insight about her own experiences with therapy, and she shares the stories of her patients with sensitivity and compassion. This book is a powerful reminder that we are all capable of change and growth, and that therapy can be a life-changing experience.”

– **People magazine**



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