



Behind the Therapy Door: Simple Strategies to Transform Your Life

Randy Kamen

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Take a Unique Look Inside a Psychologist's Office. Step inside and listen in on how pioneering psychologist, Dr. Randy Kamen, guides six women through challenges and transitions. From their compelling conversations, you will learn important life lessons and powerful self-care strategies. Overcome painful emotions, save years of struggle, build strength and resilience, and create your ideal support network. Dr. Kamen weaves together a blend of insight and positive psychology with mind-body strategies that are easy to apply.

Discover how to manage: low self-esteem, unsatisfying relationships, work-life imbalance, aging, divorce, empty-nest, aging parents, and loss of a loved one.

Strategies Covered: breath-work, meditation, mindfulness, visualization, self-hypnosis, and methods for reducing painful feelings such as guilt, shame, and anger.

Learn how to build: self-esteem, self compassion, gratitude, forgiveness, and more satisfying relationships. Find out how making a difference in the lives of others brings you greater fulfillment.

"There is a power in the sharing of real-life women's journeys of struggle that can heal your heart and soul like no other. Couple it with outstanding therapeutic guidance and proven, practical strategies and you have everything you need to navigate obstacles and scale your own mountains. I love everything about this book!"
-Debbie Phillips, Author of *Women on Fire: 21 Inspiring Women Share Their Life Secrets (and Save You Years of Struggle!)*

Randy Kamen, ED.D., psychologist and educator, helped pioneer new territory in mind-body medicine at Boston University's School of Medicine and Harvard's Spaulding Rehabilitation Hospital. She has long been on the leading edge of her profession, integrating insight oriented and cognitive behavioral therapy with holistic methods in her research and clinical work. She helps women build on their strengths and implement new strategies to deepen their experience of insight, healing, and happiness. Dr. Kamen has appeared on numerous TV and radio programs. She writes for the HuffingtonPost and other media outlets. Read her blog at www.DrKamen.com and follow her on Twitter and Facebook @DrRKG to learn about her speaking engagements and women's retreats on Martha's Vineyard and around the country.

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From Reader Review Behind the Therapy Door: Simple Strategies to Transform Your Life for online ebook

Rosa Elena Burgos says

Randy Kamen explores the lives of six women and explains how she gave them life changing techniques to reduce their personal issues. In each chapter she breaks down the techniques for other women to try at home. From journal writing to deep breathing meditation, there is something for every woman to try in this book.

Susan says

I READ SOME OF THE BOOK IT SOUND REALTY INTERSING BUT I GAVE IT TO MY DAUGHYER AS SHE IS IN COLLAGE STUDYING TO BE A PHY THANKS TO GOODREADS FRISTREADS FOR THE FREE BOOKS

Matthew says

this is an OK book, but it's instantly forgettable. there are a handful of mindfulness/relaxation/breathing exercises discussed (abdominal breathing, 'constructive rest', 4-7-8 breathing, mantras, gratitude, visualizations, etc.) but you're going to have to wade thru boring vignettes to find them. this whole book should have been a 6 min read on Psychology Today or Huffington Post. dr. kamen seems competent and I'll give her the benefit of the doubt that she released this in good faith, but I can't imagine who the audience for this book is (evidently, what goes on behind the therapy door, despite its helpfulness to the clients described, would put the rest of us to sleep). maybe a therapist very early in training would benefit from its first chapter. but I can't imagine the lay person or professional getting to the end of this book and considering it time well spent (this thing is chockablock with platitudes on par with "don't spend time with people who leave you feeling drained!"). this book did increase my appreciation for yalom, who writes instructively about interesting and challenging clients. your time is better spent reading about the exercises mentioned above (a la carte) and, if you like vignettes, read yalom instead.
