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TITLE INFORMATION

HELP ME!

A Psychotherapist's Tried-and-True Techniques for a Happier Relationship with Yourself and the People You Love

Richard Joelson

Health Psychology Press (228 pp.)

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BOOK REVIEW

A debut self-help guide that resists long explanations and jumps directly to solutions for handling relationship problems, anxiety, decision-making, and self-doubt.

This book's format makes it stand out among other self-help offerings. Rather than focusing on one particular topic, such as anxiety, stress, or communication, Joelson covers a wide array of common issues that patients have brought to him during his therapist career. Instead of discussing the reasons behind their life struggles, he simply provides anecdotes about specific complaints and offers solutions that gave his patients relief. For example, he discusses the common problem of thinking about solutions rather than acting on them, using the story of a patient named William who wanted to begin an exercise routine but found himself unable to do so. Joelson quickly realized that William was deriving satisfaction from ruminating about exercising instead of taking active steps toward his goal. The author labels this a habit that people use as a way of avoiding anxiety. After all, he explains, thinking is safe, but acting brings risks and unknowns. Once the patient realized this, he was able to take the leap to starting an exercise program. Throughout the book, the author illuminates often simple solutions to very complex issues, from grief to criticism to making important life decisions. Although the book covers many different topics, it doesn't gloss over the importance and severity of each patient's issue; it simply cuts to the chase by defining each of the problems in a straightforward, easy-to-understand way. Overall, this book will be helpful to readers searching for better approaches to self-improvement.

A successful survey of common therapy topics with remedies that may provide relief, growth, and lasting change.

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