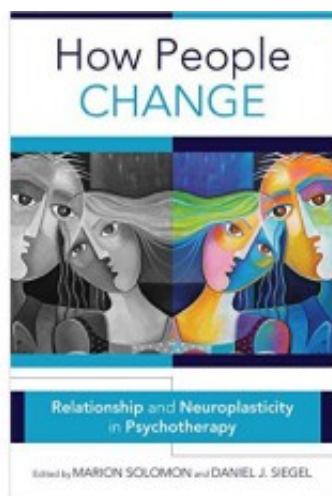


# How People Change



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## Description

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Drawing on cutting-edge neuroscience to understand psychotherapeutic change.

How People Change explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain. Contributors include Irving Yalom, Peter Levine, Bruce Perry, Jessica Benjamin, and others.