



## Better Is Not So Far Away

*Melissa Groman*

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# Better Is Not So Far Away

Melissa Groman

**Better Is Not So Far Away** Melissa Groman

**From hurting to healing . . . resistance to recovery . . . struggle to strength . . . This *can* be your story**

**When your parents, friends, or partner tell you what you should or should not do to "get better," do you think, "They just don't get it"?**

Melissa Groman gets it. As a therapist, she has spent twenty-five years helping young women who binge, starve, and physically harm themselves to heal and recover. In *Better Is Not So Far Away*, she combines her experience, wisdom, and compassion to help you see beyond your behavior, discover who you really are, and decide to change your life.

**You might know that obsession, disordered eating, and self-harm won't ultimately make you feel better--but you haven't been able to stop.**

Bridging the gap between what you feel and what you do, Groman explores raw emotional pain with a deep knowledge of the human psyche, including stories of those who have suffered, faced, and conquered self-destructive urges. "A life well-lived means more than just a lessening of symptoms," Groman writes. "It means a true shift in how you think and how you tend to your own feelings and the feelings of others."

**Dealing with family, friendships, emotions, and life itself--as well as food and body issues--can be complex and can get in the way of even wanting to recover.**

When you clear away some of the emotional obstacles, it's easier to take practical steps to genuine relief and healing. This book will help you do just that. It can be the first or next right step toward facing your greatest hurts and challenges in a practical, profoundly honest, and self-caring way. A healthy, happy life may seem impossible now--but, truly, it is not so far away.

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Now a day folks who Living in the era wherever everything reachable by interact with the internet and the resources inside it can be true or not involve people to be aware of each details they get. How many people to be smart in receiving any information nowadays? Of course the reply is reading a book. Examining a book can help folks out of this uncertainty Information specifically this Better Is Not So Far Away book because book offers you rich data and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it you may already know.

#### **Pearl Norris:**

Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book may be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the reserve untitled Better Is Not So Far Away can be very good book to read. May be it might be best activity to you.

#### **Jerri Jackson:**

The book untitled Better Is Not So Far Away contain a lot of information on it. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author will take you in the new period of time of literary works. You can read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice study.

#### **Jamie Durbin:**

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