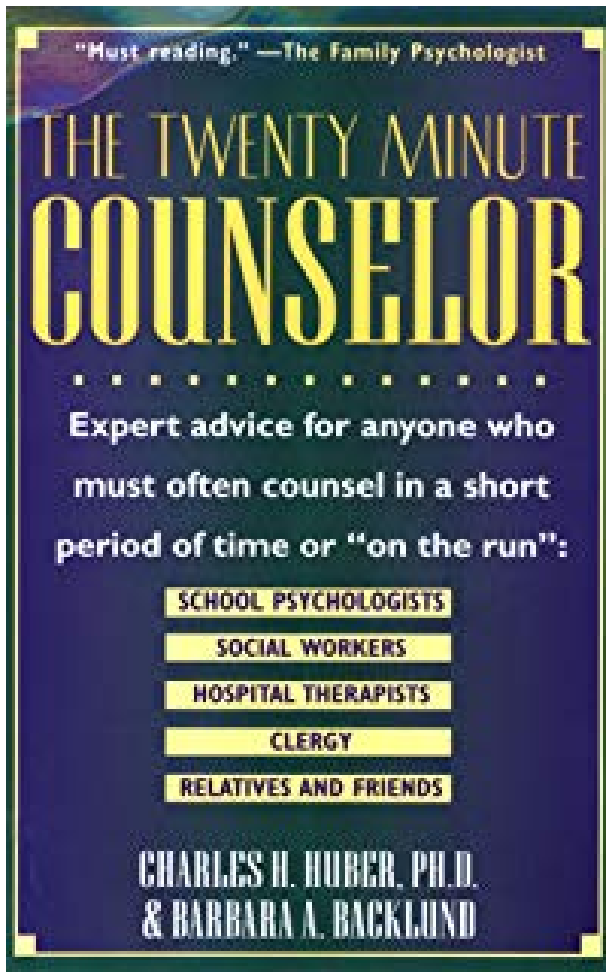


# The Twenty Minute Counselor



<b>Pages:</b>	128
<b>Genre:</b>	Uncategorized
<b>Author:</b>	Charles H. Huber
<b>ISBN13:</b>	9780824514471
<b>Language</b>	English
<b>Goodreads Rating:</b>	3.00
<b>Published:</b>	February 1st 1995 by The Crossroad Publishing Company
<b>ISBN10:</b>	0824514475

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This book encourages setting achievable goals, putting them into action, rethinking dysfunctional thoughts, and working actively toward a happier and more satisfying life. It contains expert advice for anyone who counsels in short periods of time or "on the run"—perfect for school psychologists, social workers, hospital therapists, clergy, and relatives and friends.