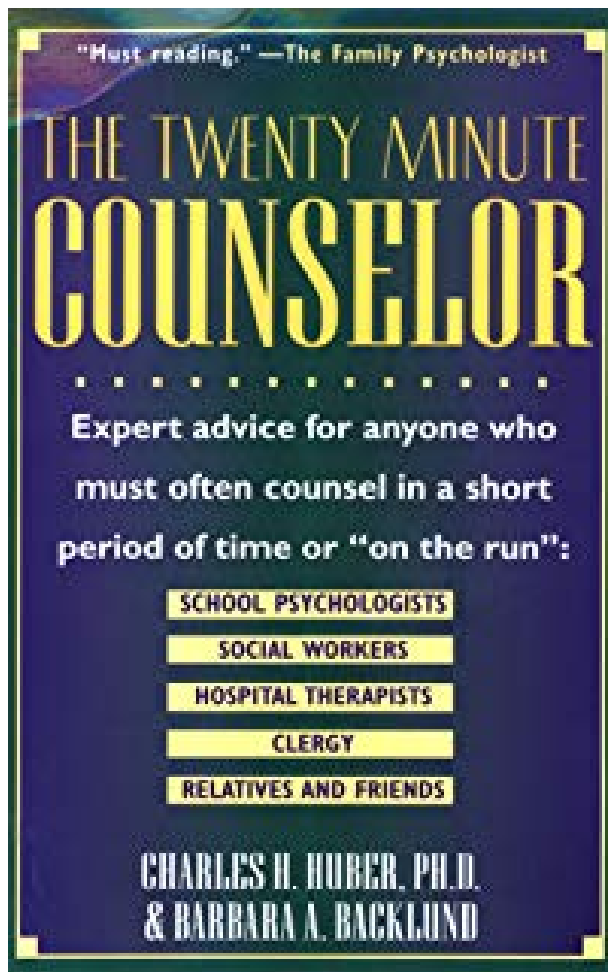


The Twenty Minute Counselor



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