



# Introducing Counselling: A Practical Guide

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# Introducing Counselling: A Practical Guide (Introducing...)

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Introducing Counselling: A Practical Guide is an accessible and practical route into counselling techniques. What is it? How does it work? And how can it change your life? With expert advice on everything from the ethics of counselling to identifying steps forward, this book offers an invaluable guide to anyone who is interested in counselling others, or in having counselling themselves.

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