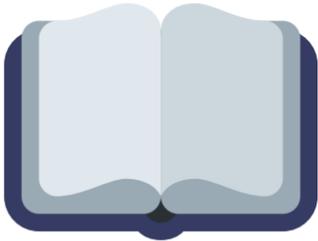


# MAYBE YOU SHOULD TALK TO SOMEONE



## AUTHOR

Lori Gottlieb is a therapist as well as an American writer. The world knows her for her famous books as well as the weekly advice column named as the "Dear Therapist" that she writes for The Atlantic.



## BOOK

Genre : Counseling and Psychotherapy

Release year : 2019

Pages : 432



4.7 / 5 (on 188 reviews)



*We tend to think that the future happens later, but we're creating it in our minds every day. When the present falls apart, so does the future we had associated with it. And having the future taken away is the mother of all plot twists.*



## LORI GOTTLIEB'S LIFE



**Lori Gottlieb** had suffered from some major setback in her life which actually influenced her to enter the world of therapy. She think now that bad times take the shape of a push for us to enter the glorious times of our life.

## HER JOURNEY TO THERAPY



- She takes her readers to the journey that encompasses the factors of care, intimacy, courage, fear, suicidal thoughts, giving up and a lot more.
- According to her, a therapist responds to the patient in a way that his or her own circumstances have affected upon him or her respectively.
- She also discusses her journey of going to the therapy sessions.
- A reader may relate his or her personal life with many of the chapters being discussed in the book.

## TO DISCOVER IN THE BOOK



1. Convincing yourself to glimpse life from a new perspective.
2. Comprehending the significance of therapy.
3. Understanding the aspect of looking at a situation from both aspects.
4. Aspects of the relationship between a patient a therapist.
5. How can one make a control regarding the aspects of life and bad times?