



I'm Ok, You're Ok

By Thomas A. Harris

Cornerstone. Paperback. Book Condition: new. BRAND NEW, I'm Ok, You're Ok, Thomas A. Harris, This practical guide to Transactional Analysis is a unique approach to your problems. Hundreds of thousands of people have found this phenomenal breakthrough in psychotherapy a turning point in their lives. In sensible, non-technical language Thomas A Harris explains how to gain control of yourself, your relationships and your future - no matter what happened in the past.



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