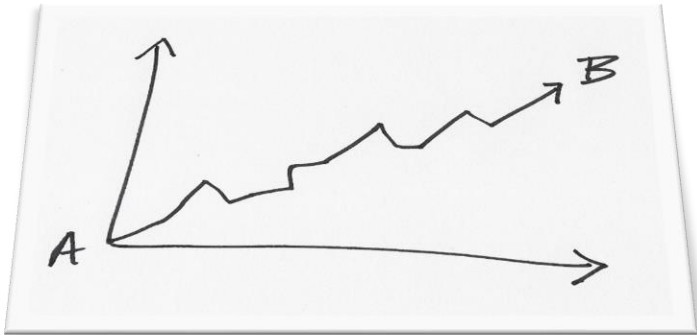


The A to B Journey:

Benefits of Psychotherapy



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Preface

*God grant me the **serenity**
to accept the things I cannot change,
the **courage** to change the things I can,
and the **wisdom** to know the difference.*

-Reinhold Niebuhr-

*For all of those courageous voyagers, who by the process
of therapeutic intervention are able to gather the broken
pieces of a shattered self; and regain new strength and
dignity to walk stronger than they thought possible.*

1

Introduction

Thank you for taking the time to inform yourself about the potential benefits of professional counseling. I believe this is an important decision for anyone who deals with mental, emotional or existential struggles. Just because you're interested in professional counseling doesn't mean you are "crazy". This is an old way of thinking for many people.

I've been practicing the "science and art" of professional counseling for well over a decade; and I've seen people overcome tremendous obstacles to go on and live more fulfilling lives. I've also heard stories of people who gave up on counseling because they had bad experiences and quit the search for finding effective help. Effective counselors will know which direction to point you if they lack the experience to treat something outside of their areas of expertise.

It's important to do some work up front. Do some basic research to find an effective helper for your specific problem. It's much easier in our era of technology to "Google it." Finding effective help nowadays can begin with a computer and a phone. Before you decide if you want to meet with a

professional counselor, find out if they have a Psychology Today page or a website to help inform your decision whether THAT particular person might be a good fit for the issues you need to discuss.

Some counselors are good at treating anxiety, panic or trauma. Others are good at treating personality disorders and depression. Some specialize in treating families and children. Others specialize in adult issues.

No two snowflakes are alike.

Knowing whether you want a male or female counselor could be the first step in ruling out what fits for you and what doesn't. It's essential to know how long a professional counselor has worked within the areas they purport to treat. Working with an experienced counselor with specialized skills in the area you need help may get you from point A to point B more effectively than someone who has just become licensed. This is an important investment factor which will be discussed in further detail in part 6.

This eBook was conceived from the point of view of a person who has been on both sides of the counseling spectrum. For the most part I've had good experiences with professional counselors, psychologists and prescribers. I think this is in part due to being an active

participant with approaching professional helpers. There have been counselors I have gone to only a couple of times because I felt they weren't a good fit. Others I stuck with for longer periods of time because I continued to get healthier by active involvement with their particular treatment approach. Some of the best catalysts for help I've experienced was by reading books about the topic I needed help with.

Professional counseling can help you overcome problems and bad habits. It can provide food for thought about the deeper meaning of life. It can inspire hope where hope was not to be found before. It can help you better discover your limitations and potentials; and help you to have healthier boundaries in relationships. Counseling can help you overcome nightmares from the past and face the uncertainty of the future with increased confidence and peace.

Good counseling is *healing*. Certainly, in your search for an effective professional counselor you will want to meet with someone who has hope that your circumstances can improve; or be honest with you if they feel they aren't a good fit.

Psycho The Rapist

As with any profession, professional counseling has earned its share of critics claiming that it isn't helpful. Some claim that therapy is "for the weak." There are people who think the "grin and bear it" approach, or the "pray harder" approach are better alternatives to facing problems in a therapeutic setting. One patient came into my office one day, looked at me with a serious face and said: "Did you know that therapist spelled out is THE RAPIST?" I quickly shot back: "That's why I prefer to market myself as a counselor." There are enough counselors who have done more harm than good to the patients they treat. This can happen for a variety of reasons.

Good counseling is healing. Some of my own kin have asked: "Do you sometimes tell people to just get over it?" I've also heard: "Is your business just a scam?" Then I watch them go consume large amounts of alcohol. Maybe for people with this attitude toward professional help, the concept of counseling is foreign or

intimidating. Maybe alcohol is the only medicine they know.

When professional counselors start out, they have significant supervision requirements. After thousands of supervised hours, a counselor can apply for an independent license. Once this milestone is passed, they can go into private practice. Supervision and clinical consulting is now their own responsibility. This is a time where counselors can become too rigid or loose in their treatment approach with clients – which can decrease their clinical effectiveness. It may be valuable to ask a potential counselor: “Do you have professional colleagues who help maintain objectivity for you with difficult situations?” A counselor who can answer “YES” to this question is being proactive.

In my own practice, I treat a lot of patients who have been traumatized; often repeatedly in childhood – with verbal, physical and sexual abuse. One tool that can help tremendously in these cases is Eye Movement Desensitization and Reprocessing (EMDR). EMDR began in the 80’s by Francine Shapiro (2). When used effectively with an experienced clinician and a motivated client, EMDR can rapidly progress a patient’s therapy. When EMDR is used by a clinician who pushes it before a patient is ready, harm can result. And a

counselor, not knowing how to handle the situation might push the client even harder by assuring them they may need to “suffer” for a while until the therapy starts to work. This is not therapeutic.

Who wants to wait weeks or months with constant anxiety until therapy works?! A better approach by a clinician who has mistakenly pushed a client too hard would be to say: “I apologize, I think we pushed too hard. We need to slow down the counseling process or refer you to more suitable help.” Good professional counselors will have competent referral sources to help when issues fall outside of their scope.

Abreaction is a term used by clinicians to describe an intense emotional reaction to a therapeutic stimulus that can re-traumatize a patient from something that was somewhat contained through natural defense mechanisms. If these defense mechanisms are invaded before the patient is ready, abreaction can occur. Unfortunately, there are many people who will give up on counseling entirely because they have had a bad experience like this in therapy.

Clients are often harmed by ineffective professional helpers. Another example is the retelling of a traumatic memory with no effective approach to help reduce the

impact of this trauma emotionally. This contributes to good professional counselors getting a bad reputation. I've rarely met a person, who by taking a proactive approach toward finding effective help, and not giving up, has not come out on the other side in some way improved by the process.

3

New Life

Effective counseling is a journey. A skilled professional helper is like having a guide on this journey. Keep in mind this guide in some ways may have gone into the dark and come through to see the light again. They may have overcome (and continue to overcome) many challenges in their own lives. With help from above, they can often “hold hope” for a person until that person is able to see and hold it for themselves. A skilled helper may be of a different background, education level, race, religion, size, sexual orientation, and belief system, yet still have the ability to genuinely accept you for who you are – and help your healing move forward.

Consider the human being who has “had enough” and initially comes to counseling because of underlying anger, rage or anxiety toward a parent or family member. This could be you or your next-door neighbor. Often people come to counseling when their children begin to reach the age they were when they were abused – often before adolescence. Trust is very difficult for a human being in this condition. These are people who are forced to “grow up faster” than normal. Sometimes, the patient has been abused by a close

family member or a well-known neighbor. The abuse remains a secret locked behind defense mechanisms that protect the person from deep shame. Telling their story is a courageous first step toward healing – and often leaves the person exhausted and relieved.

Later in life they may choose dangerous or promiscuous lifestyles. They can find themselves survivors of extremely dangerous and life-threatening situations. They may put themselves through abusive situations because they feel they deserve to be miserable. They can continue to relive vicious circles of drama if their trauma is left untreated. I've heard many stories of human beings who have survived atrocities because they've earned a certain degree of "street smarts" and / or survival skills that naturally develop having experienced many close calls.

During therapy, clients can display great courage by placing trust in the therapeutic process and facing the **"biggest and baddest"** of their demons that like to keep them in an emotional prison of low self-worth, guilt and shame. Through effective counseling approaches, clients can overcome these debilitating feelings and transform them into new narratives of survival, strength, renewed hope and trust in their own God-given strengths. They become able to remember details of traumatic

experiences without the negative consequent emotions attached. They can hold a picture of those who have harmed them at their worst, pitying their sickness and lack of strength; accepting them as human beings struggling with many problems of their own. They no longer feel victimized.

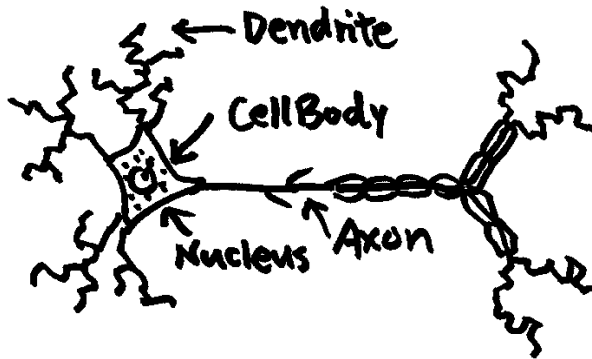
When they no longer require professional counseling, they may describe being *transformed* – and feel new life. They feel healthier and can have healthier relationships. They learn how to display more emotionally honest boundaries with others; including those who had a history of taking advantage of them. They learn better outlets for their darkest emotions of anger, rage, sadness, panic and trauma. And yet, they feel more consistently “well”. Creative capacities are often increased. I’ve learned to thank my Maker for these victories – because it is my belief that this kind of *basement to attic* outcome can only be explained with divine reasoning – and effective helpers may just be the tools in the Maker’s hands that help reignite hope. The person seeking counseling with some sort of existential struggle can come away with renewed hope, faith, meaning and purpose.

Some of the evidence-based approaches used by professional helpers are process, mindfulness, narrative,

Cognitive Behavioral Therapy – Rational Emotive Behavioral Therapy (CBT - REBT), psychodynamic, EMDR, solution focused, motivational interviewing and Gestalt approaches. Evidence-based therapy is any therapy approach that has been approved as “psychotherapy” per most state requirements. These approaches have been through rigorous controlled studies that have been replicated by different researchers.

A variety of evidence-based therapy approaches are studied, discussed and applied in counseling graduate programs and internship placements for professional counselors. Professional counselors are trained on how to use some of these approaches in school and hands on supervised training opportunities. They can get further training after school if they want to become certified in additional evidence-based therapies.

Medication



A Neuron

Despite the crusade to find “the magic pill,” we are still lacking to find a medication that heals all. And even good medications provide support – not 100% cures. Medication is not something that everyone needs. At the same time, taking a medication for a legitimate mental health matter does not make a person “crazy.” It’s often a relief to find that a chemical imbalance can be improved after having suffered an emotional condition needlessly. You may better understand this dynamic from a medical perspective. You wouldn’t judge

someone for taking a medication for a chronic medical problem – so why judge someone who takes a medication for a legitimate mental health need? People often prefer to suffer rather than get the help they need because of these mistakenly held beliefs.

Medication is a topic that regularly comes up in counseling. Taking medication for an emotional problem is still seen by some as a weakness. Or they may feel that medication is just another “drug” that will prevent them from dealing with the real problem. The truth is, sometimes taking a medication to help balance mood states while attending counseling helps people get more from the counseling process. It doesn’t mean the person will take medication throughout their entire life.

Each person responds to medications differently. A medication that works well for one person may not work at all for another person with the same condition. Whether medication can be helpful or not is a discussion that you can have with your medical provider and your counselor. Opening this dialogue can help you understand the pros and cons of medication use for a particular mental – emotional condition.

With mental distress there is often a “brain chemical” imbalance. These brain chemicals are called neurotransmitters. The brain is composed of billions and billions of neurons (see image above). These neurons send messages (neurotransmitters) to each other at lightning fast speed. They form very complex highways in the brain upon which messages travel. Our thoughts and feelings have an effect on this neural activity. Some common neurotransmitters are serotonin, dopamine, norepinephrine, and GABA.

For example, if I was in a car wreck several years ago and was traumatized by it; i.e. having nightmares, getting panicky when I see car crashes on TV, or have anxiety when I drive by accidents on the road, I have a strongly formed neural network that gets “reignited” every time I am exposed to one of these triggers. This process, if not turned around, can become increasingly damaging over time. The brain may begin to associate things not even related to car crashes into this neural network.

We also have many good neural networks. Some positive neural networks have helped us to speak, sing, dance, move, learn skills, have meaningful relationships, overcome challenges, and aim at healthy living. Good counseling can help a person regain control

over the negative neural pathways. Medication, in conjunction with counseling, can be a good mix for some. Many medication options exist.

Learning how your body responds to a medication approach is a first step toward finding the right fit. Often, a prescriber will give the advice to take a medication for a few weeks before noticing any significant changes in mood or behavior. A person may choose to work with a nurse prescriber, psychiatrist, prescribing psychologist, or naturopathic doctor when considering the right medication approach. Medications may be administered by a pharmacy, over the counter, or at a local vitamin supplement store.

Faith

***“Faith is being sure of what we hope for
and certain of what we do not see.”***

(Hebrews 11:1, NIV).

As a professional counselor, I will confess; I don’t always know what to do. Even with that sentence, I’m not sure if a colon or semicolon is the best grammar decision – but I chose to use the semicolon. With a quick Google search, I think both could work. But the idiosyncratic differences between the two is one that I will leave to the grammar experts.

No amount of education, training, knowledge, or clinical feedback can prepare a professional helper for every situation. Continuing education is a requirement for professional counselors, but there are always situations that counselors aren’t fully prepared for. Not knowing the ideal approach for every turn in the counseling relationship (what to say, what tools to suggest, etc.) – welcomes the process for divine intervention in the healing process.

People often come to counseling with an idea that something is wrong but have limited insight into the root cause. They might think they have simple work

stress, when in fact they come to learn they've been having problems with authority figures since they were a child. They may have problems displaying and trusting healthy boundaries because they feel they don't have a right to assert basic needs in relationships. They may have developed strong underlying negative beliefs about themselves as a whole.

From personal experience and working clinically with patients, it's clear that these negative beliefs don't like to be "exposed" because if they are seen for what they really are, they can lose their power. Over time, the brain can form defense mechanisms as a self-protective measure. Problems become more apparent when defense mechanisms wear out.

Counseling can help people get underneath the defenses into the negative underlying beliefs, or "monsters". Then healing goes step by step through a process of confronting and overcoming negatively held beliefs strategically. One way of looking at this process is like "defragging" a computer or reorganizing a file cabinet. The brain has a plastic ability to change. It can rid itself of the "excess baggage" and become more free and healthy.

The monsters take different forms but have the same ultimate goal – to keep a person down for no good reason. Some common monsters that show up in counseling are these:

“I am not good enough.”

“I will never measure up.”

“I am permanently damaged.”

“I will fail.”

“I am dirty.”

“I am unforgiveable.”

“I should have known better.”

“I deserve to be miserable.”

“I cannot succeed.”

“I cannot trust anyone.”

“I am powerless.”

“I am a bad person.”

Once the underlying negative cognition is identified for a particular problem, the opportunity for healing

presents itself. The adult self realizes: “I’ve felt like a bad person ever since I was a kid. This situation that happened to me years ago is something I can still feel **RIGHT NOW** in a visceral way.” Through a process of empathetic listening, planning, goal setting and treatment, these problems can become just slightly disturbing memories; no longer containing the “sting” they once had.

People sometimes think back to bad situations and memories as learning experiences. They may come to realize they were actually strong for their age; or that they did everything they could. They learn that it’s OK to show their emotions – even with people they allowed to bully or hurt them in the past. They become strong protectors; not allowing similar hurts to occur again. They heal by seeing their problems for what they really are, then letting them go. They come to find out they can be safe. They come to find out they are honorable and lovable – OK just as they are. They can accept themselves. They can come to realize they have choices. They learn to have hope. These are a few of the potential miracles that can occur when effective counseling takes place.

All of this happens quite mysteriously. A good counseling session can be like “a good exhaustion”. Like

a physical workout but the brain-emotion component gets the workout instead. A professional counselor who tries to control every turn of the journey is setting the process up for failure. Counselors who don't take a goal directed approach may end up going on a journey with a client that goes nowhere – or in a continual loop. Or it can easily turn into a “pay a friend” relationship.

Effective counselors will have some idea of their own limitations or when counseling seems stagnant. As a potential consumer of professional counseling services, it is also your responsibility to be honest with your counselor if you feel this is happening.

Investment

Anything of value costs something. Counseling is a “non-tangible” benefit that requires some financial investment on the part of the consumer. People usually don’t think twice about investing in a car repair that helps their vehicle run better. Paying for a necessary medical expense is easy for us to justify. Counseling can be equally worth it, and the gains meaningful, if you consider that a few counseling sessions can help you gain insight and a healthier outlook on life. Consider using counseling as a brief intermittent service available to you when you need a mental - emotional “tune up” with regard to life circumstances.

Physicians understand the body’s innate ability to heal itself if presented with an opportunity to do so. Set a broken bone the right way and wait a few weeks. The result is a healed bone. The bad cut is given stitches and begins to work itself back to a healed state. Likewise, psychological pain heals when given the right planning and opportunity. Effective counseling can help you get to this healing place safely, at your own pace. The results can mean feeling better, making healthier choices, setting healthier boundaries in relationships, and finding more meaningful life purpose and direction.

A reputable counselor in private practice offering individual or group psychotherapy, using proven techniques and outcomes, may charge 100.00 to 300.00 per session at the time of this writing. They have typically been through years of education, experience, practice, and have learned the process of overcoming the “wear and tear” that results in burnout for many professional helpers. Vicarious trauma is an occupational hazard that can be a real thing for experienced helpers. They have “earned their stripes” so to speak. They get help themselves when they need help. They are worth the investment.

What if you did some research and found a counselor that could potentially help you get from point A to point B more effectively? You explore their website. You have the courage to take the first step by reaching out with an email or a phone call. You may learn just by speaking with your potential counselor on the phone for 10-15 minutes, that this person is immediately invested in your wellness regardless of the circumstances you find yourself in. Often this encounter will also help the potential counselor know if they would be a good fit for your situation – or where to refer you for more appropriate help.

Investing in effective help is a worthwhile process.

7

Setbacks

Everyone's journey is unique. When approached strategically, getting better is often a peculiar process of mostly ups with some setbacks along the way. We will always have some problems to improve upon. In counseling, the topic of setbacks comes up frequently. Having setbacks is a regular phenomenon that happens as humans heal. It is true that one can't have a setback unless one has already made some progress.

In the midst of setbacks, it may feel that all progress is lost. In my own experience; and speaking with people who are going through some of the most difficult times of their lives, maintaining focus on hope is a constant goal. Maybe your own life at some point has turned a complete 180 degrees because of some event that happened that was out of your control. A close friend or loved one came down with a chronic condition – or is suddenly gone. Something that you had worked hard at for so long didn't work out. Your faith was shaken because of humanity or God. These internal wounds are often overlooked, ignored, or coaxed with a variety of substances.

Being more acquainted with oneself, problems and all, at times can be exhilarating. Sometimes it can be terrifying. Learning to accept oneself, despite one's weaknesses, is an important part of this journey. Acceptance of oneself leads to an awareness that small, incremental improvements are possible at all times – even when the emotional forecast isn't perfect.

In the book *Flow: The Psychology of Optimal Experience* (1990) (1), Mihaly Csikszentmihalyi provides some insightful feedback about how to handle periods of setbacks. His flow model describes how some people innately know how to stay active living out productive meaningful lives. Basically, when a human being is beset with too much challenge and not enough skills, a process of burnout occurs and the person naturally gives up. In contrast, when the same human faces a challenge where skills exceed the challenge level, boredom sets in and a natural giving up process occurs.

The learning here is that the flow model can be used by anyone who develops an awareness of these two dynamics. The sooner I am able to find the areas where my challenge exceeds my skill, I can learn the appropriate skills needed to succeed. And if my skills exceed the challenge, by realizing this sooner, I can look for greater challenges to meet my skillset.

Setbacks can become positive milestones on the pathway to improved quality of life. They can be indicators of progress, and encouragers for continued growth. Sometimes, in counseling, we discuss this like: “It’s better to realize I’m in a depressed mood after 5 minutes than 5 hours. And it’s better to realize I’m in a negative mood state after 5 hours than staying in it for 5 days, and so on.”

Experience shows that the best thing for a setback period is to practice the art of ignoring. Understand that setbacks are an unpleasant experience. They can’t last forever. They can’t happen unless a person has actually made PROGRESS. The quicker setbacks are realized and the mind nudged to think on better things (exercise, learning something new, calling a friend, etc.), the better.

8

Spiritual

“Behold, I am making all things new.”

(Revelation 21:5, ESV).

You are a being composed of physical, mental-emotional, and spiritual components. Change is possible for anyone in any condition of life. The objective feedback that can be gained through a professional counseling relationship can be a gift that helps people turn into new creatures. Feedback can be accepted or rejected or considered. Either way, it has the potential to make people better if it allows them to search themselves more deeply, consider the parts of themselves that can improve, and then decide whether change is worth it or not.

Movement is never mandatory. We can choose to stay where we are.

Counseling should never feel “forced”. Counseling should always feel like being in the driver’s seat, making the “yes”, “no”, or “maybe” decisions moving from point A to point B. It should also be challenging. Not even the most gifted counselor can “fix” you or heal all of your problems. However, they can ask legitimate questions back: “Have you thought about it this way or

that way?" A good counselor looks for the discrepancies with the words and the behaviors. Every goal accomplished during the counseling process is credited to the person who is willing to show up, actively participate, follow through with the assigned homework, and go through the ups and downs of the process, gradually trending toward up!

A skilled helper can be like a guide or training wheels on a bike. Ultimately, the counseling process is designed to have a starting point, a working phase, and a completion phase. It involves planning. If you are interested in professional counseling, keep asking questions. Find someone who is motivated to help get you from point A to point B by going through these basic fundamental steps of the counseling process.

The first meeting or two should be getting to know if this person is someone you would like to work with and establishing initial goals to work on. These goals can always be adjusted and often are. By the second or third meeting, you should be actively working toward these goals – and experiencing and processing any gains and setbacks that are occurring. One becomes sort of a scientist of their own emotions and circumstances. Life becomes a sort of testing ground to see what works and what doesn't. It can be mentally, emotionally and

spiritually exhausting. Some benefits should be noticeable within the first couple of weeks. Again, it should feel *cooperative* not *forced*.

Maybe the best way to explain the spiritual aspect of counseling is that it generates hope. By going through the process of working on problems, the person becomes more hopeful that things can get better than the status quo. They begin to believe it because they feel the difference. They find themselves not alone. People care. Eventually one learns to have self-compassion. They learn others have gone through similar situations and become stronger despite the circumstances. They realize they have options to learn from mistakes, grow, and become better with time.

When circumstances arise that in the past would put one into a “tailspin” of emotions, one learns that they are stronger, and more capable of facing the unknown. Because they have had the courage to discuss, process, and effectively treat past events that have held them back, new situations aren’t as intimidating as they once were. The old emotional “sting” isn’t as pronounced as it once was. The brain starts working more FOR them instead of against them – as it should be.

About



Thank you for your interest in this eBook. I am Dr. Jason Buck, Licensed Professional Counselor. I started having anxiety problems when I was an adolescent. I earned a master's degree in professional counseling from Ottawa University in 2008; then went on to achieve a doctoral degree in behavioral health from Arizona State University in 2012. I am married and enjoy sports, spending time with friends and family, learning new things, volunteering, and video games.

Through my clinical experiences, I've had the privilege of working with developmentally disabled

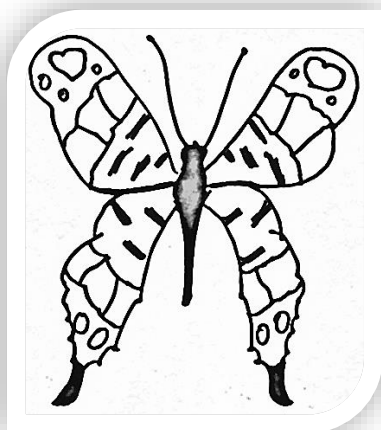
adolescents and adults, inmates, substance abusers, and those suffering from a variety of mood disorders including anxiety and depression. I currently specialize in the treatment of adult individuals suffering from anxiety, trauma and PTSD, and mood disorders.

Excerpt from Psychology Today:

Living in a complex world can be overwhelming. Stressful emotions can become too much to handle without goal directed intervention. Counseling is an emotional process where a person can get better as they release old baggage. It is important for a person to choose a counselor they can relate to. Counselors are not "one size fits all". The counseling process works when it's directed toward client goals. I mostly help adult individuals overcome stress, anxiety (GAD, SA, PD, OCD), trauma (PTSD), guilt, shame, grief-loss, boundaries and existential spiritual struggles (faith based).

When provided with an opportunity, I help people find patterns in their behavioral-emotional experiences. I provide an environment of support and objectivity while working toward hope and healing. I have been blessed to work with people from all walks of life.

I have the privilege to see people work heroically through their behavioral-emotional challenges every week. The healing process can be time intensive, be emotionally exhausting at times, and require some financial commitment. I provide competitive rates to make professional counseling affordable. People often see benefits within 2-7 appointments.



“Be transformed by the renewing of your mind.”
(Romans 12:2)

Credits

1). Csikszentmihalyi, M. (1990) *Flow: The Psychology of Optimal Experience*. eBook: HarperCollins.

For Further Study:

***The Feeling Good Handbook* (D. Burns):**

https://www.amazon.com/Feeling-Good-Handbook-David-Burns/dp/0452281326/ref=sr_1_1?s=books&ie=UTF8&qid=1537926424&sr=1-1&keywords=the+feeling+good+handbook

***Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy* (F. Shapiro):**

https://www.amazon.com/Getting-Past-Your-Self-Help-Techniques/dp/1609619951/ref=sr_1_1?ie=UTF8&qid=1537926263&sr=8-1&keywords=getting+past+your+past&dpID=51pYjlhTA6L&pr_eST= SY291 BO1,204,203,200 QL40 &dpSrc=srch

***A Guide to Rational Living* (A. Ellis, R.A. Harper, M. Powers):**

<https://www.amazon.com/Guide-Rational-Living-Albert-Ellis/dp/0879800429>

***The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth* (M.S. Peck):**

https://www.amazon.com/Road-Less-Traveled-Timeless-Traditional/dp/0743243153/ref=sr_1_1?s=books&ie=UTF8&qid=1537926338&sr=1-

[1&keywords=the+road+less+traveled&dpID=510juAdzMKL&preST= SY291 BO1,204,203,200 QL40 &dpSrc=srch](#)

Speaking the Truth in Love: How To Be an Assertive Christian (R.N. Koch & K.C. Haugk):

[https://www.amazon.com/Speaking-Truth-Love-Assertive-Christian/dp/0963383116/ref=sr_1_1?s=books&ie=UTF8&qid=1537926493&sr=1-1&keywords=speaking+the+truth+in+love%22+by+ruth+koch+%26+kenneth+haugk](#)