



# **Inner Harmony: Putting Your Self Back in Charge: Based on the Internal Family Systems (IFS) Model of Healing**

*Beth Rogerson PhD*

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If you're tired of getting hijacked by your emotions, or want to improve your relationships with yourself and those around you, this is the book for you. The Internal Family Systems (IFS) approach to self-coaching will teach you the skills and mindfulness techniques you need to return to internal balance and harmony.

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