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EMDR: The Breakthrough "Eye Movement" Therapy for Overcoming Anxiety, Stress, and Trauma

Francine Shapiro

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Hailed as the most important method to emerge in psychotherapy in decades, EMDR has successfully treated psychological problems and illnesses in more than one million sufferers worldwide, with a rapidity that defies belief. In a new introduction, Shapiro presents the new applications of this remarkable therapy and the latest scientific research that demonstrates its efficacy.

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