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What are the differences between Cognitive Behavioral Therapy, reflexology and clinical hypnosis? That's easy. The eye-opening surprise in this book is the answer to the question: what do they have in common, along with every therapy under the sun? Entertaining and intriguing, "Help! Ok." will forever change the reader's perception of modern therapies. It will also change their perceptions of themselves - which is what makes this book so special. Oh - and it's also highly entertaining from beginning to end. There are laugh out loud moments interspersed among the thoughtful and thought-provoking observations of all things "psy. . .".

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