



Lifestyle Changes: A Clinician's Guide to Common Events, Challenges, and Options

Vera Sonja Maass

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Change is inevitable, and each person handles each event differently, some with more difficulty than others. In *Lifestyle Changes*, psychologist Vera Maass draws on 25 years of practice experience - and a lifetime filled with changes, growth, and challenges - to present a clinician's guide to working with clients who are facing a fundamental change in their lifestyle. Each chapter explores a different event and its potential impacts on the client's current lifestyle, focusing on positive ways to respond and adapt to the situation. Through a mix of case examples, personal vignettes, sample clinician/client dialog, and engaging language, *Lifestyle Changes* provides an accessible and practical resource for practitioners that maximizes the potential for positive growth out of each experience.

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