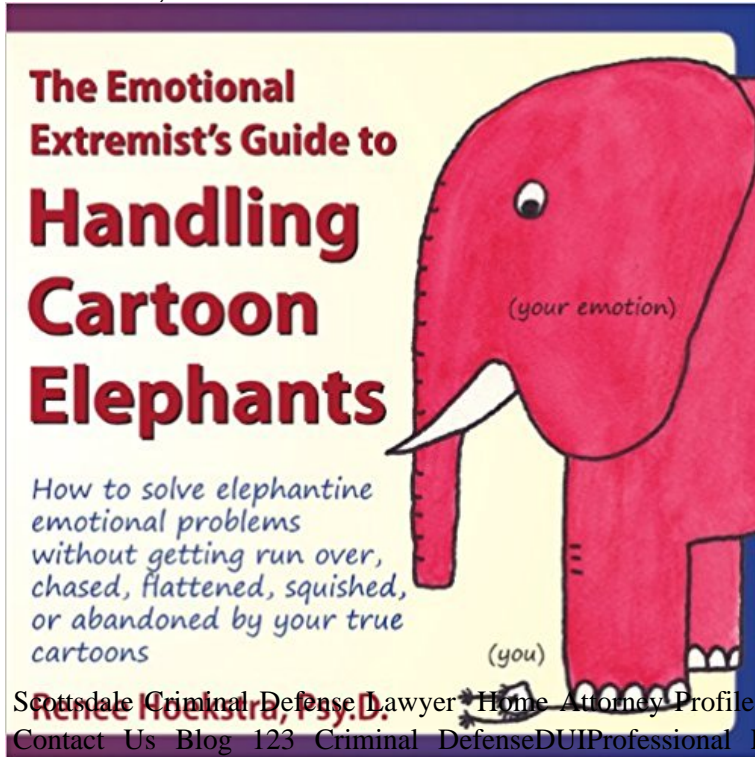


The Emotional Extremists Guide to Handling Cartoon Elephants: How to Solve Elephantine Emotional Problems Without Getting Run Over, Chased, Flattened



Handling Cartoon Elephants is a whimsical, compassionate, and playful guide that gives readers fundamental tools for approaching painful emotions. Drawing on the metaphor of cartoon elephants as emotions, psychologist and artist Dr. Renee Hoekstra provides written guidelines, visual examples, and practical steps to help readers solve elephantine emotional problems. Dr. Hoekstra has illuminated a mindful approach to psychological suffering, incorporating current best practices with a captivating cartoon book showing us exactly how its done --Dr. Beth Brownlow. MD., Psychiatrist.

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