

Reclaiming Your Life A Step By Step Guide To Using Regression Therapy To Overcome The Effects Of Childhood Abuse

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Reclaiming Your Life A Step

Jean J. Jensen is a therapist and the author of Reclaiming Your Life: A Step-by-Step Guide to Using Regression Therapy to Overcome the Effects of Childhood Abuse. Contemporary Psychology said the book "provides practical and compassionate guidance on dismantling the childhood defenses of repression and denial." Jensen earned her MSW Degree from the University of Minnesota School of Social Work in 1963.

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ACCESS - Reclaim Your Lives

Reclaiming Your Life: A Step-by-Step Guide to Using Regression Therapyto Overcome the Effects of Childhood Abuse, by Jean Jenson, M.S.W., A Dutton Book, \$20.95, pp. 203. Reviewed by John A. Speyrer. Here is another do-it-yourself primal guide which will take its placeon many of our bookshelves alongside Stettbacher'sMaking Sense ofSuffering.

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