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Achieving Personal Peace By Dr. Kenneth Herman,
Jeffrey L. Steinhorn**



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Secrets from the sofa - home

Secrets from the Sofa is a groundbreaking self-help book which reveals a proven change and achieve a greater sense of purpose, happiness and peace. book from Dr. Kenneth Herman, a Board-Certified Clinical Psychologist who That's why I've written this book: to share my game plan for personal transformation.

Secrets from the sofa: a psychologist's guide to achieving personal

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Psychologist, Dr Kenneth Herman is the author of Secrets from the Sofa: A Psychologist's Guide to Achieving Personal Peace. He has been a practicing clinical

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