



Your Many Faces: The First Step to Being Loved

By Virginia Satir

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Each one of us has a medley of "faces" that composes our individual personality: intelligence, anger, love, jealousy, helplessness, courage, and many more. We're often quick to judge these characteristics as either positive or negative, without recognizing that we need *each* of them in order to become fuller, more balanced human beings. Originally written in 1978 by renowned psychotherapist Virginia Satir, the timeless classic *Your Many Faces* has been updated and reissued—and is as relevant today as ever. In a refreshingly candid style, Satir takes us on a lively and insightful journey of self-discovery and transformation. We learn how to acknowledge, understand, and manage our many faces—and in doing so, open up a world of possibilities for ourselves. This new edition also features a compelling foreword by Mary Ann Norfleet, PhD, which explores Satir's pioneering approaches to psychology and her enduring legacy in the field of family therapy.

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Your Many Faces: The First Step to Being Loved By *Virginia Satir* Bibliography

- Sales Rank: #698853 in Books
- Brand: Satir, Virginia
- Published on: 2009-10-06
- Released on: 2009-10-06
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .20" w x 5.00" l, .26 pounds
- Binding: Paperback
- 96 pages

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Editorial Review

Review

"Satir is far more than an author in this remarkable book: she's a tour guide, an analyst, a companion, an adventurer, and a coach. Her roles are as diverse as our 'faces'—but all of them help us see our own uniqueness and potential."—Arthur M. Bodin, PhD, Senior Research Fellow at the Mental Research Institute "In this groundbreaking work, Satir demonstrates her creative genius by turning a complex psychological concept into a simple, powerfully practical metaphor for personal growth and integration."—John Banmen, RMFT, Director of Training at the Satir Institute of the Pacific and coauthor of *The Satir Model: Family Therapy and Beyond*

From the Publisher

* **A classic about understanding the many facets of your personality, with a new foreword by Mary Ann Norfleet, PhD.**

* Satir was recently named one of the ten "most influential therapists of the past quarter-century" in a national survey.

* Satir's books have sold more than 330,000 copies.

About the Author

VIRGINIA SATIR (1916-1988) was a pioneering psychotherapist, lecturer, and author; she was internationally renowned for her work, especially in the field of family therapy. Considered one of the most distinguished therapists in recent history and selected to be on the boards of numerous prestigious councils, Satir was also known for her Change Process Model, still embraced today. *Time* magazine once wrote of her, "She can fill any auditorium in the country." She cofounded the Mental Research Institute in Palo Alto, California, the first organization to establish a formal training program in family therapy.

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