



## Avigail Abarbanel

Psychotherapist | Supervisor | Trainer | Consultant

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### Fully Human Psychotherapy

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Tue 10:00, 12:00, 14:00, 16:00

Thu 10:00, 12:00, 14:00, 16:00

Fri 10:00, 12:00, 14:00



# Resources

## Books



*Therapy Without A Therapist: A DIY Guide to Good Mental Health & Growth (A companion journal: Let's Integrate... available separately)*



*Grief and Adjustment to Change: A no-nonsense approach*



*Trauma & Its Impact: What you need to know (2nd edition)*



*Don't Just Put Up With Anxiety, Listen to it!: Anxiety is there to help us grow, heal & develop*



*Relationships: Why are they so difficult & what can we do about it?*

## Podcasts (Free)

Substack: 'Avigail Abarbanel's Fully Human Essays' under 'Podcast'

([avigail.substack.com/podcast](http://avigail.substack.com/podcast))

\* also on Spotify and YouTube

Additional free resources on:

[www.fullyhuman.co.uk/resources/](http://www.fullyhuman.co.uk/resources/)