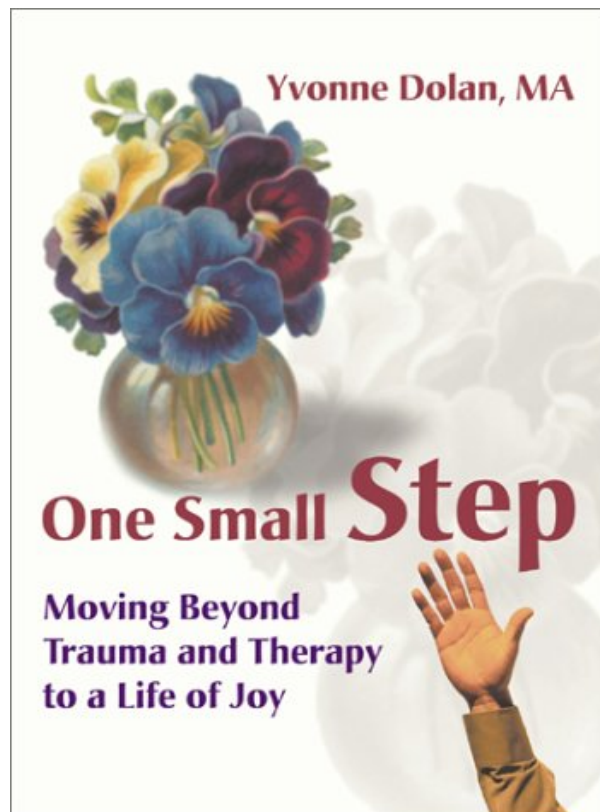
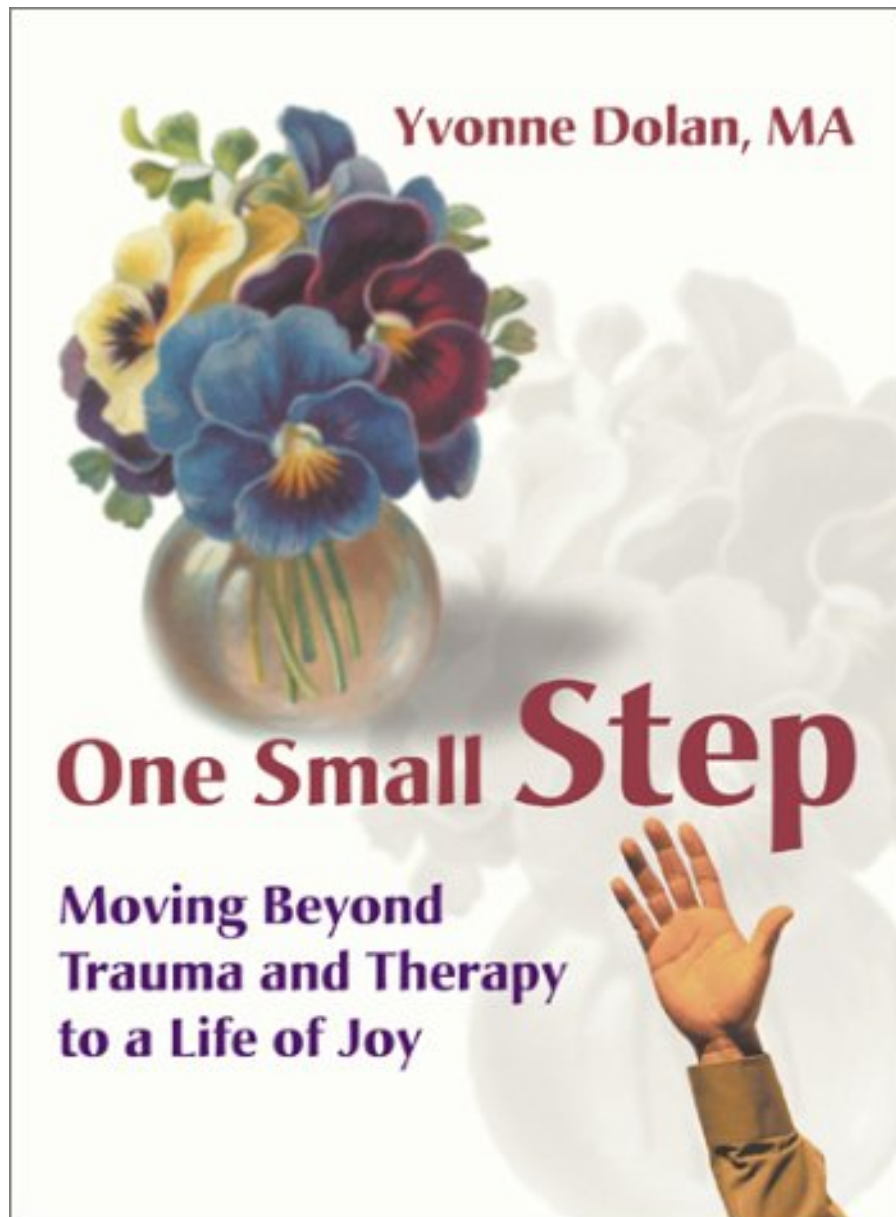


**ONE SMALL STEP: MOVING BEYOND
TRAUMA AND THERAPY TO A LIFE OF JOY
BY YVONNE M. DOLAN**



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Review

Dolan generously fills a need for those ready to move beyond survivorhood toward "a restored sense of wonder and joy in living." -- Publishers Weekly, 3/9/98

From the Back Cover

For all those survivors who wonder when they will finally feel good, the answer is now. One Small Step reminds us that living well is the best revenge and provides the knowledge and tools to fully embrace life. Organized into easy-to-follow sections, readers will find help in:

- * Moving Beyond Survivorhood

- * Enjoying the Gifts of the Present

- * Creating a Joyous Future

- * Responding to Life's Challenges

- * How to Start a Small Steps Support Group "The demands of fate can thwart one's journey. The exercises in One Small Step reclaim the ascendant path the road to the real self. An internationally renowned expert, Yvonne Dolan provides a map to find the way home." Jeffrey K. Zeig, PhD, Director, The Milton H. Erickson Foundation "This book has a groundbreaking message: people can truly move beyond the identity of a 'survivor'!" Jill Freedman, MSW, coauthor of Narrative Therapy: The Social Construction of Preferred Realities "A manual for living and an absolute must for anyone who has survived the effects of trauma or loss and is ready to begin a rich and joyful life. Read it, reread it, and share it with a friend!" Jim Duvall, Director, Brief Therapy Training Centres-International (A division of C.M. Hincks Institute) "Filled with helpful tips on how to reshape your future in spite of your past suffering." Insoo Kim Berg, coauthor of Interviewing for Solutions "One Small Step is an invitation to anyone with a dark history to come into their own with confidence." Mary Kean, MA, RCC, and Arden Henley, MA, RCC

About the Author

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Most helpful customer reviews

21 of 21 people found the following review helpful.

Affirming the strength of the human spirit

By C. Fleming

When I purchased this book, I did so with the intention of reading it to use as a tool with my clients. The clients who have found this book to be the most helpful are those who have completed their initial trauma work and are asking themselves and me, as their therapist, "Where do I go from here?" The book has some very powerful exercises which provide an affirmation as to how far they have progressed in their healing journey from abuse and offers direction as to where they can go from here.

I would also recommend this book to anyone who wants to take the time to explore how they have grown as an individual. The book is very thought provoking and makes you stop and consider the hidden, sources of joy and beauty that already exist in your life.

2 of 2 people found the following review helpful.

Hands-on and helpful

By Dr. Lit.

Yvonne Dolan's book did not promise what it couldn't deliver. The activities were hands-on and the rationale that prefaced each of the activities/therapeutic exercises provided encouragement without talking down to the reader. Also, the rationale gave the needed insight into the purpose of doing the activities.

I liked that, from the start, she was adamant about changing one's outlook on life from survivor to someone who thrives! What a great change of perspective, from drudgery to delight. I caught myself giving some of my students the pep talk (don't survive, thrive!).

0 of 0 people found the following review helpful.

Five Stars

By Amazon Customer

Insightful book.

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