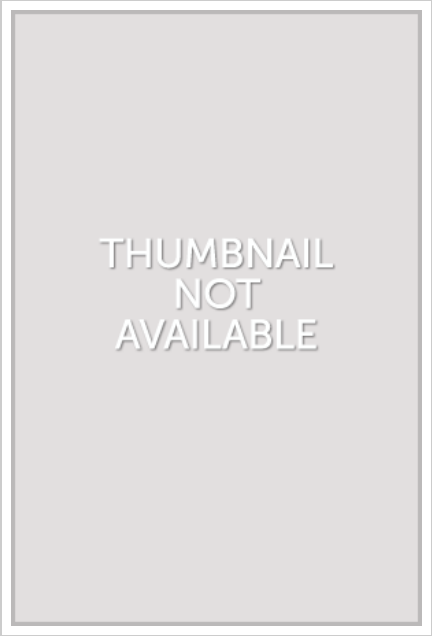

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Group Therapy: Mental Distress in a Digital Age: A User Guide

By Vanessa Bartlett

Liverpool University Press. Paperback. Book Condition: new. BRAND NEW, Group Therapy: Mental Distress in a Digital Age: A User Guide, Vanessa Bartlett, Group Therapy invites readers to reconsider their perceptions of mental health, by asking how far our personal wellbeing is related to the values of the society we live in. In the 21st century, where many of our daily activities are mediated by digital devices, it focuses particularly on the impact of new technologies on our sense of self and our collective wellbeing. Using provocations and personal testimonies, the book challenges conventional perceptions of mental illness, while offering practical advice on how to deal with contemporary problems such as internet addiction or mental health in the workplace. Written by artists, psychologists and health professionals, and building upon an exhibition at FACT, Group Therapy provides an accessible 'how to' guide for the contemporary day-to-day experience of mental health.

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