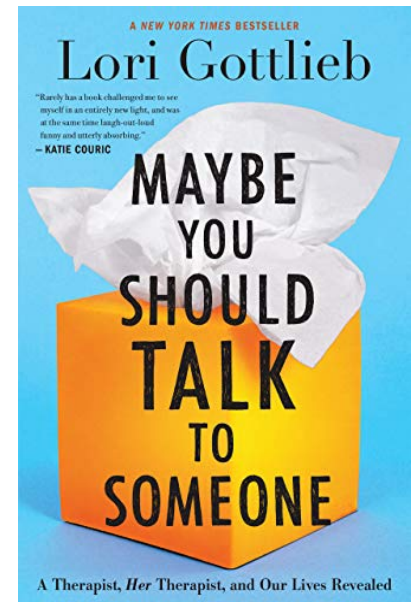


Maybe You Should Talk To Someone Book Summary (PDF) by Lori Gottlieb

Ready to learn the most important takeaways from Maybe You Should Talk To Someone in less than two minutes? Keep reading!



Why This Book Matters:

Maybe You Should Talk to Someone discusses what issues are often confronted in the majority of therapy sessions and the benefit of talking things through.

The Big Takeaways:

- 1. The issues people face often go deeper than once perceived.**
 1. If The problems a patient usually leads with is rarely the only issue in their life.
- 2. It is common for people to think of their problems in a way that they've been taught.**
 1. Therapy is often a time for people to rewrite the narrative of how they perceive the problems in their lives.

3. People are quick to hide from their problems.

1. Confrontation is a difficult task, and it is a therapist's job to see through the fronts that people put up in their defense.

4. Commonly, the focus of therapy is on mending and coping with fractured relationships.

1. A connection is one of the strongest desires a human has. It is typical for loss and lack of connection to be the central theme in many therapy sessions.

5. Meaning is one of the strongest drivers of people; therefore, therapy often helps people renavigate their purpose in life.

1. A lack of meaning in life causes a sense of emptiness, and learning how to regain that meaning in life is another common theme in therapy.

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