



## Helping Families to Change (Master Work)

*Virginia Satir, James Stachowiak, Harvey A. Taschman*

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**Helping Families to Change (Master Work)** Virginia Satir, James Stachowiak, Harvey A. Taschman  
With an emphasis on learning to change through other modalities than speech, this book discusses the importance of non-verbal body experience and awareness of kinetic cues in interpersonal relationships. A number of meditative exercises are included.

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