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How to Stay Sane by Philippa Perry

Synopsis There is no simple set of instructions that can guarantee sanity, but if you want to overcome emotional difficulties and become happier, psychotherapist Philippa Perry argues that there are four cornerstones to sanity you can influence to bring about change.

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Philippa Perry 5x15 How to Stay Sane

Philippa Perry is a psychotherapist who, in an attempt to demystify psychotherapy, wrote the graphic novel, Couch Fiction. She has written for the Guardian, The Observer, Time Out and Healthy

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How to Stay Sane The School of Life Philippa Perry

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Philippa Perry Author of How to Stay Sane

Philippa Perry, author of How to Stay Sane, is a psychotherapist and writer who has written pieces for The Guardian, The Observer, Time Out, and Healthy Living magazine and has a column in Psychologies Magazine.

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Interview with Philippa Perry How to Stay Sane Box of

Wouldn t it be cool if you knew how to stay sane? My guest today, Philippa Perry, has some helpful tips on how to do just that. She s a U.K.-based psychotherapist and writer, and her new book, How to Stay Sane, outlines the four cornerstones of sanity.

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The School of Life How to Stay Sane

A talk from Philippa Perry on How to Stay Sane. There is no simple set of instructions that can guarantee sanity, but if you want to overcome emotional difficulties and become happier

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Philippa Perry Wikipedia

How to Stay Sane, published by Pan Macmillan May, 2012 The School of Life Self Help Series edited by Alain de Botton. Various articles including Perry, Philippa (2007).

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How To Stay Sane The Art of Revising Your Inner

Sunday newsletter. Brain Pickings has a free Sunday digest of the week's most interesting and inspiring articles across art, science, philosophy, creativity, children's books, and other strands of our search for truth, beauty, and meaning.

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