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Philippa Perry Wikipedia

Philippa Perry (née Fairclough; born 1957) is a British psychotherapist and the author of the graphic novel, Couch Fiction; a graphic tale of psychotherapy (2010), and How to Stay Sane (2012).

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Philippa Perry The Guardian

Philippa Perry is a psychotherapist. Her most recent book is How to Stay Sane published by Pan MacMillan

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