



Lasting Transformation: A Guide to Navigating Life's Journey

Abby Rosen Phd

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LASTING Transformation takes you on a journey to experience the process of transformation, which can result in powerful, positive change. Life's journey provides us with many opportunities for self-knowledge, self-love, and deep personal transformation.

The road map outlined in *LASTING Transformation* gives specific guidance for this journey. It offers important insights and effective strategies for developing a strong self, fulfilling relationships, and deep soul-wisdom. Dr. Abby Rosen shares the experience of her thirty-nine-year pilgrimage integrating psychotherapy and spirituality. Each chapter includes real client experiences that show the process of behavioral change and lasting transformation, humorous cartoons, and practical exercises that together provide a road map to help you navigate the sacred journey of your life.

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