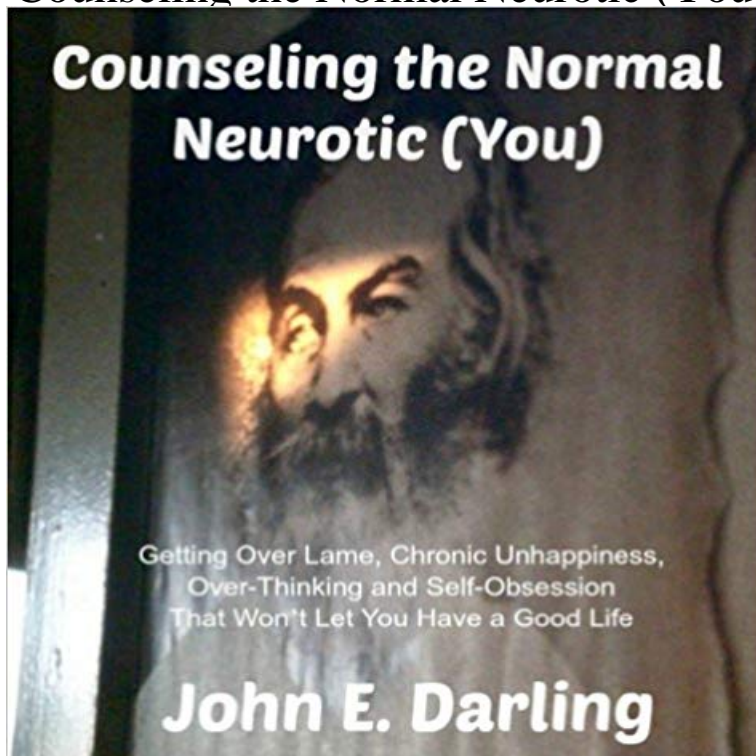


## Counseling the Normal Neurotic (You)



Neuroses is/are very widespread, so much so that it has achieved the state of normalcy. We are all charmingly neurotic and we find lovers/partners who are crazy in the same ways we are and these often make successful long-term relationships. But, let's face it, being neurotic is a bore and a lot of work and it asks a lot of our lover, friends and family. Why not evolve beyond it? There are many simple, effective ways, here elucidated for the therapist and yourself if, like most of us, you are trying to cure yourself of it? Neurosis is just a flaccid, ineffective way of dealing with the incomprehensible and insoluble program we were immersed in during our difficult upbringing, at the hands of our neurotic parents. And guess what folks? Sex is at the bottom of a lot of this and, no, we can't evade it. We evolved as horny, multi-faceted sexual beings and it isn't just going to go away if we follow a few simple rules. We have to deal with sex, maybe even someday enjoy it, if we are to plow through our Normal Neuroses. It can be fun. Enough of the buried subconscious running us. Enough of the self-pity and being victims of romance and breakups! Let us move onto being wise wizards on the cutting edge. It's not that hard and it's very rewarding. We are a lot cooler than we ever knew.

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