



# My Sessions with Joe

*Kirt C. Kershaw*

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## **My Sessions with Joe** Kirt C. Kershaw

In the past five years of putting this book together Kirt has learned a lot about himself and the ongoing battle we as individuals face with codependency directly with ourselves, and indirectly within our own cultures. In *My Sessions with Joe*, the introduction starts the journey off with some of the codependent relationships that tortured his sense of well being, the many psychiatrists he sought help with, and the twist of events that placed him in the chair of the very grizzly like attitude and down to earth Joe. For the sake of the book the many sessions he has had with Joe have been condensed into eight. My sessions with Joe helped Kirt pull the door to a close on understanding codependency and for some people the door would be closed, but for him it came years later in a book written by Elaine N. Aron, Ph.D. titled *The Highly Sensitive Person*, who is a Highly Sensitive Person herself. Kirt has found links between highly sensitive people and codependency; and chapter 9 is dedicated in defining the extra challenges facing those who are blessed with this gift. Never before has any book broadened the scope or depth of the many faces in society that codependency lurks behind, than revealed in this new groundbreaking book of one patient

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