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## Psychotherapy

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Therapy is a path that leads you to yourself: a process of transformation.

Age 30 and exhausted by nightmares, Gaby finally decides to see a therapist. Paula has been seeing another therapist for several months, after trauma from the bombings in Nice. On the couch, tears, emotions, discoveries, and processing pours out. In alternating sessions, Gaby and Paula confront their shadows, their suffering as children, their fears and disappointments, growing their mindfulness and freedom. We witness psychotherapy's intimate mechanisms at work as we join them on a long inner journey that leads to self-understanding.

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Sales in France: 2,800 copies