



# Live Your Life Not Your Story: A Guide for Helping the Helpers

*Richard D Froilan-Davila Ph.D., William b Secor Ph.D.*

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**Live Your Life Not Your Story: A Guide for Helping the Helpers** Richard D Froilan-Davila Ph.D., William b Secor Ph.D.

This book is an experience in getting back to living our life in the present and not being at effect of the stories that rise up out of our experiences of the past. The book comes from both a macro and a micro perspectives. The authors come together in this presentation from a history of knowing each other since they were seven years old. Each went there separate ways and touched base with each other two or three times in their adult lives. Here they are seventy years later talking about their lives now and not being stuck in the stories and their experiences of the past. They bring together their professional experiences in the helping professions to provide a guide for helping the helpers.

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