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Peder Kjøs

You Turn *HOW TO BE YOUR OWN* *THERAPIST*

Therapy is the process of working on yourself, according to psychologist Peder Kjøs. He himself has significantly improved his life after becoming his own therapist. Now he shares the methods he used following his mother's death.

It should really be simple to feel better: Drink less. Eat healthier. Talk about what troubles you. The people who come to see therapist Peder Kjøs for help have tried everything, but ended up feeling worse because they haven't been able to do what seems to be so easy for others.

Going to a therapist is not like going under anesthesia, where the work is done when you wake up. The most significant contribution always comes from the client. The most crucial aspect of feeling better is understanding why you perceive something as a problem. You must take the problem seriously and figure out how to take responsibility for it. Then, you must work through it to make room for something else.

To improve his own well-being, the experienced psychologist Peder Kjøs uses the knowledge, experiences, and methods he has acquired through his work as a therapist.

In this intimate and warm book, he shares what has helped him, hoping that it can also help you.

Peder Kjøs

Peder Kjøs is one of Norway's most renowned psychologists. He holds a PhD in psychology from the University of Oslo, and is a specialist in clinical adult psychology. As a presenter and therapist on national TV and various podcasts, Kjøs has become a household name. He writes for some of the biggest newspapers in Norway, and is a sought-after speaker.



Kjøs has a background in addiction psychology, child welfare, psychiatric hospital and private practice. He has worked as a supervisor and course instructor for psychologists in higher education and has published several books.



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