



# Bedtime Stories for Grown-Ups: Fairy-Tale Psychology

*Sue Gallehugh Ph.D., Allen Gallehugh M.B.A.*

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*And what happens after "happily ever after" anyway?*

Therapist Sue Gallehugh and her son Allen adapt classic fairy tales to illustrate the fundamental principles of self-love through mental health and psychological growth. Through wit and humor, these tales tackle serious issues such as anger, isolation, taking responsibility, bitterness, labeling, emotional boundaries, staying connected, abandonment, manipulation, fear and forgiveness. This little gem of a book cuts through the dreary mire of conventional self-help books to help you discover real solutions to the common problems that prevent us from growing. You'll laugh out loud while reading "The Low Self-Esteem Duckling," "Cinderella, Inc.," "Little Red in the Hood," "Jack the Beanstalker," "The Third Little Pig" and more. A truly delightful book!

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