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I hate it when therapy sessions end. Not because of the therapy itself, but because of how I feel afterwards: drained, depressed, possibly nursing a headache, too mixed-up to focus on my work, and ...

~~How to deal with a pesky therapy hangover~~

SINGAPORE - Several years ago, when Baek Se-hee was a young marketing professional in South Korea, she decided to see a psychiatrist. Read more at [straitstimes.com](http://straitstimes.com).

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~~'Revealing what I want to hide allows me to break free,' says  
Baek Se-hee, author of therapy memoir~~

I am currently going through something very difficult, and I just don't have the strength to smile through it.

~~Ask Amy: How do I politely tell people to leave me alone while  
I work through this?~~

They may also bring their own issues into your therapy." Ask yourself: Do I feel reasonably OK with this person? "Feeling totally comfortable isn't the best criteria, because if you're too

...

~~How to Find a Therapist~~

They should help you decide what you want to do between

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sessions to improve your life. That's the overall objective: to improve your life. The kind of therapy I've just been describing is ...

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Modern Colour Theorist and Author of the book Hello Rainbow Finding Happiness in Colour Momtaz Begum-

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