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Psychology is a science which helps understanding human behavior. Every person behaves differently depending on his background culture and values. It becomes very difficult for people to understand why someone does something. It is in such a situation when problems start occurring and misunderstanding rear up. Counseling helps in resolving these problems by giving viable solutions.

There are different types of counseling they include marriage counseling, youth counseling, parental counseling and many more. Youth counseling and marriage counseling are very common today. Youth counseling helps in solving problems like eve teasing, increasing self esteem and self confidence, anger management and developing good communication skills among many others. Todayâ€™s youth are independent and do not like to follow parentâ€™s advice or are not able to talk to th about their problems. In these cases as well counseling works as a boon.

Marriage counselingis another common type of counseling today. You have pre and post marriage counseling. Many a timeâ€™s couples have faced a divorce and they need counseling to get over the stress and trauma. People who face infidelity by partners may face a lot of issues which they can solve by meeting the counselors. Counseling does not resolve an issue but gives you ways and means to work around it.

Counseling helps in other issues in different type of relationships. It may be a parent child relationship, could be a problem between friends, and could be an issue of a couple who is dating or could be an innate problem as well. A number of suicide cases can be reduced if people are given counseling.

Counselingfor parents who have small babies is also becoming common. People have started realizing that the childâ€™s mental faculties start developing at a young age and hence it is important to study about it advance. Baby care is given by a doctor as well as a therapist today for good health of the mother and the child.

Counselingtoday helps people lead a happy and healthy life. So donâ€™t hesitate because health both mental and physical is wealth!!!!

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