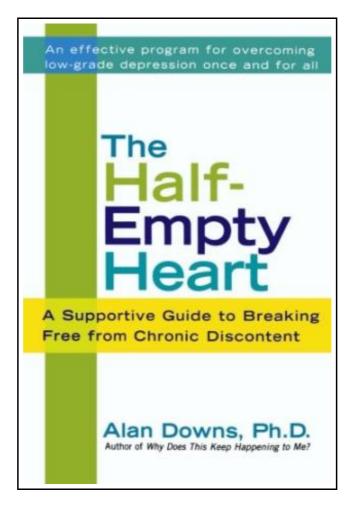
The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent



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Reviews

It is fantastic and great. It generally is not going to cost an excessive amount of. You will like the way the blogger create this book.

(Gerardo Bauch PhD)

THE HALF-EMPTY HEART: A SUPPORTIVE GUIDE TO BREAKING FREE FROM CHRONIC DISCONTENT



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GRIFFIN. Book Condition: Neu. Neu Neuware, auf Lager, Versand Büchersendung - Finally, help for the millions of people suffering from low-grade depression, also known as dysthymia or chronic discontent. Frustrated. Irritable. Discouraged. Fed up. These are among the feelings experienced by millions of people suffering from low-grade depression. Often erroneaously attributed to a negative attitude or laziness, this common condition saps feelings of happiness, contentment, and passion, and frequently goes undiagnosed. The Half-Empty Heart is a powerful and practical book that explains how the condition takes hold--and presents simple yet profound ways to overcome it for good. Using anecdotes from his private practice as well as quizzes, checklists, exercises, and a complete five-week plan for achieving lasting results, clinical psychologist Alan Downs, Ph.D., shines light into the dark corners of this isolating and debilitating condition. You can feel good again. The Half-Empty Heart shows the way. Englisch.

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