



Happy Circle and Friends

By Geoffrey Phillips, Dr Geoffrey Phillips

Socal Center, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It is with great pleasure I introduce you to Happy Circle and Friends. This book is really three books in one (white, gray, and black) titled Happy Circle meets Anxious Egg, Sad Triangle, and Angry Cloud. They present the classic thought setups associated with depressive, anxious and angry thinking common to all of us. They are designed for readers of all ages: books for all brains. See website for more info and options. Every day of my working life as a psychiatrist and addiction medicine doctor, I care for people at the extremes of thought, emotion and behavior. The identification and exploration of our thoughts and emotions are often difficult and sometimes threatening. Most often, we do not know where to begin. These Happy Circle Books can help to make identification and exploration of emotions a bit easier, approachable, memorable, even fun. I hope that readers of these books learn to see sad triangles as they come, along with the momentary anxious eggs and the passing angry clouds. A brief journal section follows each of the books...



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