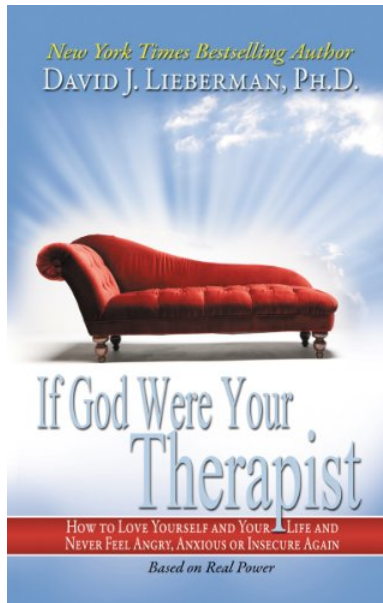


## [Download] If God Were Your Therapist



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Technological advancements have made our lives increasingly comfortable, safe, and easy; and we have more opportunities and advantages available to us today than ever before. Given the high level of both opportunity and comfort, one would expect people to be happier than ever, and even more satisfied with their lives. The reality, though, is startlingly different. Instead of thriving and feeling empowered as a result of greater choices, we are deteriorating. According to the latest research, one in four Americans suffers from mental illness. The drug companies try to keep pace, with the sales of anti-depressant, anti-anxiety, and mood-stabilizing drugs at record levels, and tens of millions of new prescriptions being written each year. But that doesn't seem to be enough. Many people are finding life just too painful. Every day, 80 Americans take their own lives, and over 1,900 Americans visit Emergency Departments for self-inflicted injury. So why are we suffering from such emotional pain and anguish? Drawing on timeless wisdom and fundamental principles in psychology, *If God Were Your Therapist* offers insights into the human condition, and reveals how regardless of the opportunities available to us today, a lack of self-control results in poor choices, and ultimately leads to negative emotions and destructive habits. As a solution, this book offers neither exercises or affirmations, nor meditations or motivating mantras. There is no homework to do or journals to fill out. Rather, readers learn how to regain self-control and move their thoughts, choices, and lives in a purposeful, powerful, direction, free from the shackles of anxiety and stress. A Look Inside: What makes some people capable of handling life's challenges with quiet calm and optimistic resolve, while others dissolve at the slightest insult or frustration? The answer has to do with our perspective: how we see, feel, behave, and, ultimately, respond to circumstances in our life. Imagine a small child playing with a toy that suddenly breaks. The child's whole world is shattered, and she may respond by crying, or by becoming frustrated, sad, or even angry. The child fails to appreciate, let alone recognize, that she is still being clothed, fed, loved, and taken care of—not to mention that there is a whole world outside of her own smaller world. The child's parents know that the broken toy has no significance, but the parents have perspective that the child lacks. Intellectually, we may know that what makes us anxious or upset is actually unimportant and insignificant. The qualities however, that most of us strive to exemplify—such as objectivity, calm, and patience—are lost to annoyance and impatience when, in a hurry, we encounter the checkout clerk with the trainee name-tag staring at the cash register as if it were the cockpit of a 757. We try to maintain our cool, but negative emotions surface, and once sparked, blaze. Now we face an uphill battle. Techniques such as taking deep breaths, reciting affirmations, or practicing visualization, might work when we face minor issues, but they're insufficient for life's really big challenges. Reminding ourselves not to get annoyed is not a solution. Yes, the objective is to remain calm, but this is better accomplished through not becoming agitated in the first place. When we fight the urge to blow up or melt down, we battle our own nature. Without perspective, we are forever like the child holding the broken toy. This book shows you how to experience a new kind of freedom and power when you learn how to permanently shift your perspective and move through life without anger, fear, or frustration . . . on ordinary days and in extraordinary times.

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