



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

By Downs Alan

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 erroneously 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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[3.31 MB]

Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**