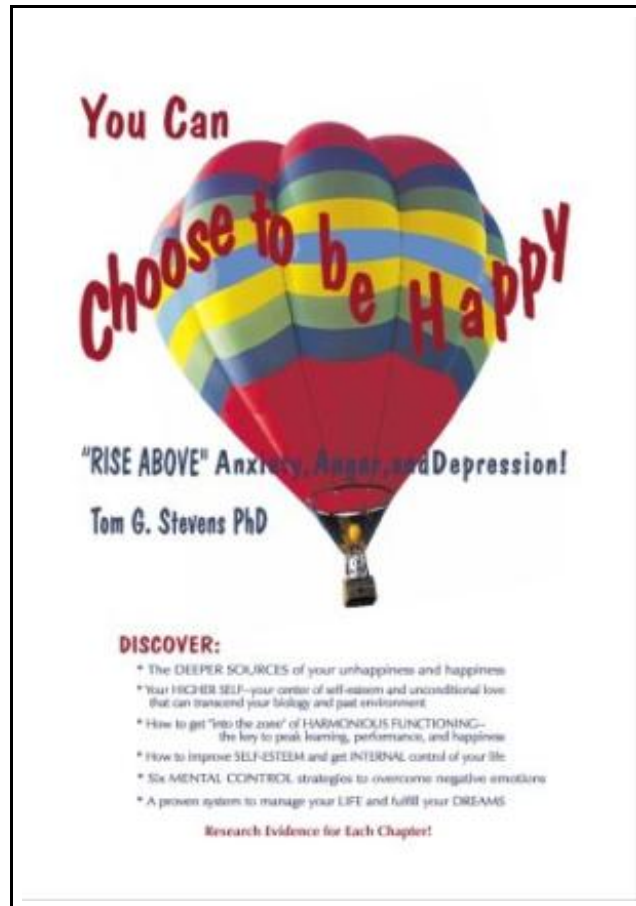


You Can Choose To Be Happy: Rise Above Anxiety, Anger, and Depression



Filesize: 9.47 MB

Reviews

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

(Meagan Roob)

YOU CAN CHOOSE TO BE HAPPY: RISE ABOVE ANXIETY, ANGER, AND DEPRESSION



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Wheeler-Sutton Publishing Company, United States, 2010. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.You may have seen claims about how a book can improve your life. Thousands of people have provided supportive evidence for this book. It gives both clear help and evidence for its ideas. Even if you have a history of unhappiness or depression or are facing difficult circumstances, you can learn to be happier. For those who doubt they can affect their emotions, the book provides strong contrary evidence. The factors Dr. Stevens research identified are specific learnable beliefs and skills--not general, inherited traits. Each chapter teaches some of these factors about how to be happy and successful. The book is for people who value growth and self-development to become happier and healthier. Perhaps you want to improve self-esteem, positive thinking, assertiveness, autonomy, motivation, emotional control, relationships, self-control, or achievement. Chapters deal with these issues, but also deal with core issues underlying these problems. This book is for people who are serious about being happy. No matter how difficult your past history or current circumstances, striking insights into the causes of emotions can empower you to rise above negative emotions, and choose to be happy. When Dr. Stevens was 16 he started a life-long experiment in learning how to be happy and help others be happy. He combines expertise of 31 years as a psychologist with a cognitive-philosophical-spiritual approach and his personal experience to make this an important book about achieving happiness. His research provides crucial, detailed support for his ideas not found in most self-help books. Yet, his clinical and personal experience helps him provide practical, detailed self-help advice. Well-known author and PBS speaker, Dr. Wayne Dyer wrote this book is, A thorough presentation, rich...



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