

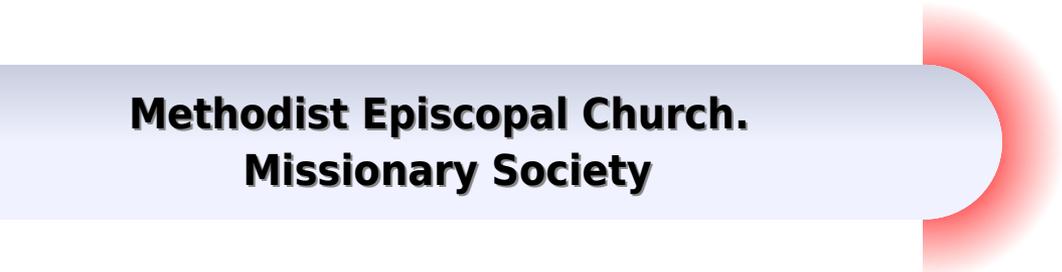


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*The Last Self-Help Book You'll Ever Need* Paul Pearsall, 2009-03-17 You can't love someone until you learn to love yourself Being healthy means being in touch with your feelings Never lose hope These are self evident truths right Wrong charges best selling psychologist Paul Pearsall in this provocative new book Though everyone from talk show hosts to politicians mouths these platitudes and self help bibles are a dime a dozen their advice simply hasn't helped us live happier or more satisfying lives Pearsall cites scientific evidence to challenge what he calls the McMorals of self potentialism the unsubstantiated prescriptions programs guarantees and gurus that define our pursuit of The Good Life His message is timely we're fed up with truisms masquerading as truth and hungry for self help that really helps Filled with groundbreaking research and inspiring true stories from Dr Pearsall's clinical practice *The Last Self Help Book You'll Ever Need* offers a powerful antidote to the mindless mental languishing that characterizes so much of modern life The solution is not just to get tough and suck it up Instead Pearsall offers powerful if counterintuitive strategies By abandoning the mandate to stay hopeful for example we can begin to savor today rather than focus desperately on tomorrow By allowing ourselves the natural process of grieving instead of relentlessly treating grief as a disease we can recover from tragedy With Pearsall's lively and informative roadmap to psychological health we can say goodbye to our inner child and hello to a better life

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The New Education ,1891    **Federal Register** ,1983-03-16    *The Congregationalist* ,1923    *The Encyclopædia Britannica* Hugh Chisholm, James Louis Garvin, 1926    *The Arena* ,1901    *The New Way* Herbert Coryn, Percy Leonard, 1919    **Congressional Record** United States. Congress, 1967 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in *The Debates and Proceedings in the Congress of the United States 1789-1824* the Register of Debates in Congress 1824-1837 and the Congressional Globe 1833-1873    The New Way ,1918    **Administration Reports** Saint Lucia, 1918    **Bulletin** Vassar College, 1927    **T. P.'s Weekly** Thomas Power O'Connor, Holbrook Jackson, 1910    **Dr. W. John Murray's Magazine** ,1921    *The Baptist Home Mission Monthly* ,1901    **Seamen's Journal** ,1914    Among Our Books Carnegie Library of Pittsburgh, 1909    **Annual Report of the Missionary Society of the Methodist Episcopal Church** Methodist Episcopal Church. Missionary Society, 1920    **Medical Record** George Frederick Shradly, Thomas Lathrop Stedman, 1903

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