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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

The Arena, 1901 **Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954**, 1988 *Bulletin* Vassar College, 1927 **Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986**, 1988 The Congregationalist, 1923 **The New Education**, 1891
Federal Register, 1983-03-16 The New Way, 1918 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 Baptist Home Mission Monthly**, 1901 **The Athenæum**, 1881 **The Encyclopædia Britannica** Hugh Chisholm, James Louis Garvin, 1926 T. P.'s Weekly Thomas Power O'Connor, Holbrook Jackson, 1910 **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 Shrady, Thomas Lathrop Stedman, 1903 *Monthly Bulletin of the Carnegie Library of Pittsburgh*, 1909 **The Annual American Catalog, 1900-1909**, 1909

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