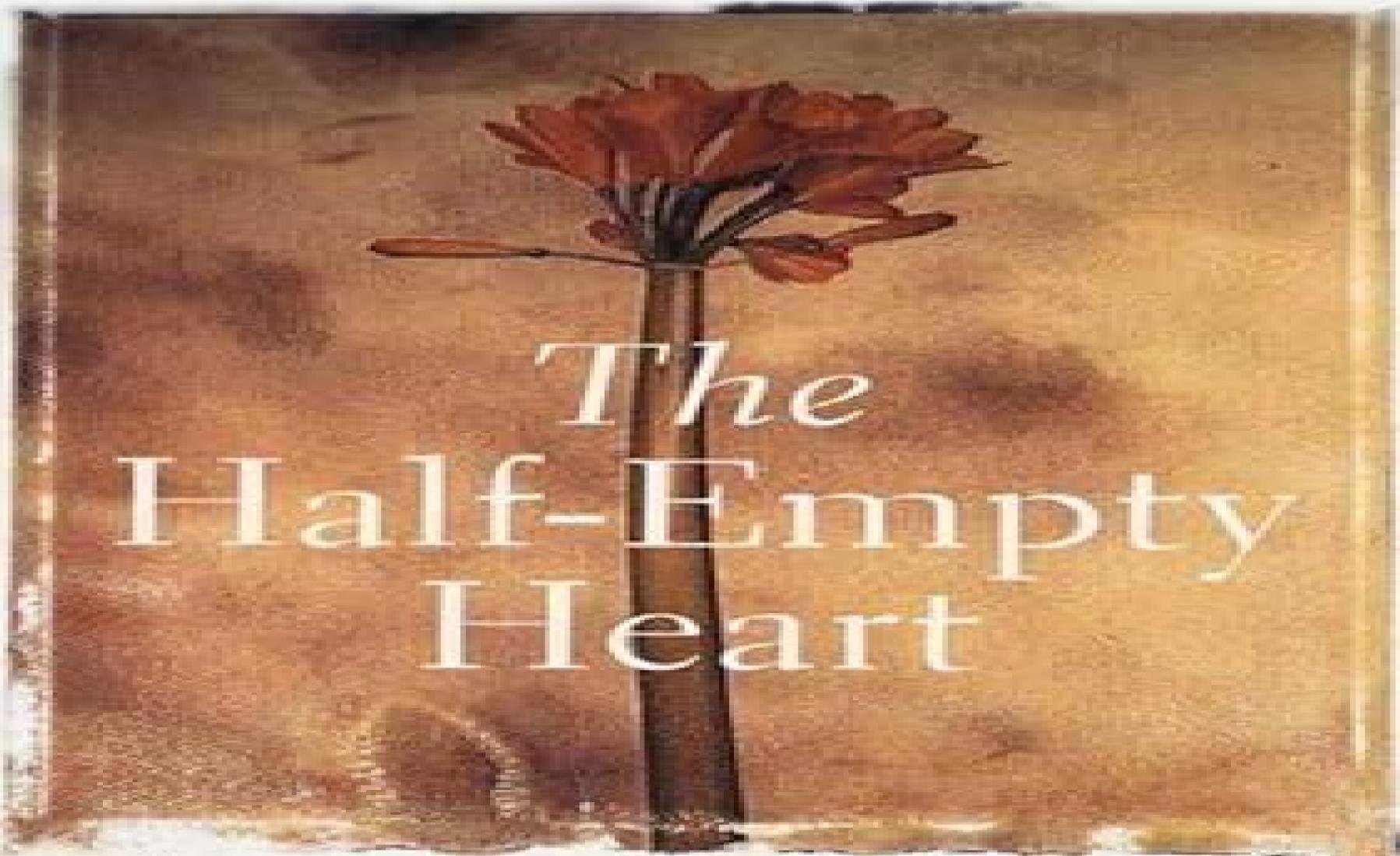


*A Supportive Guide to Breaking Free
from Chronic Discontent*



*The
Half-Empty
Heart*

Alan Downs, Ph.D.

Author of Why Does This Keep Happening to Me?

The Half Empty Heart A Supportive Guide To Breaking Free From Chronic Discontent

Rose Arny



The Half Empty Heart A Supportive Guide To Breaking Free From Chronic Discontent:

The Half-Empty Heart Alan Downs,2003-01-22 Provides a five week program of exercises and insights that can help overcome dysthymia also known as low level depression a condition which can block feelings of happiness and contentment

The Half-Empty Heart Alan Downs,2007-04-01 Finally a book of insightful and practical advice for the millions of people suffering from low grade depression also known as dysthymia or chronic discontent Frustrated Stressed Irritable Discouraged Cynical Fed up These are among the feelings experienced by millions of people Whether they realize it or not their feelings are not caused by a negative attitude a lack of gratitude or laziness Rather these feelings are among the symptoms of a condition called dysthymia also known as chronic discontent or low grade depression It blocks feelings of happiness contentment and passion leaving emptiness a lack of meaning and despair This powerful and practical book explains how this condition takes hold and presents simple yet profound ways to overcome it once and for all Using anecdotes from his private practice as well as insightful questions and exercises psychotherapist Alan Downs Ph D shines light into the dark corners of this isolating and debilitating condition and includes a five week program to help you feel good again Not a superficial magic bullet approach *The Half Empty Heart* is a probing honest book that offers a path to meaningful change The path begins here

The Importance of Civility T. S. Bogorad, Esq.,2006-09-01 Your choices charm and chutzpah can revitalize your community In her first book Bogorad reminds us that we are all social beings who need to socially interact to thrive as individuals and to sustain strong communities She shares with us the theory that social isolation leads to victimization and weakens our communities And she warns us that social cannibalism may consume us if we continue to ignore our need and our obligation to socially interact with each other If you are a person whose community has been weakened by incivility victimization and or addiction the ideas within her book may help you strengthen your community Or if you are a person who has minimal contact with other people her ideas may provide you with a reason to increase the quantity and quality of your interactions Or if you are a person who lives in a community without incivility victimization and addiction the contents of her book may help you understand those of us whose social environment is not as perfect as yours But no matter who you are reading her book will cause you to wonder about the importance of civility and the costs of incivility Remember We all need a village And ponder What we do not say does hurt us and our polite interaction with others strengthens us and our community according to Bogorad

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Decoding **The Half Empty Heart A Supportive Guide To Breaking Free From Chronic Discontent**: Revealing the Captivating Potential of Verbal Expression

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