

*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

Xiang Xie



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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

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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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