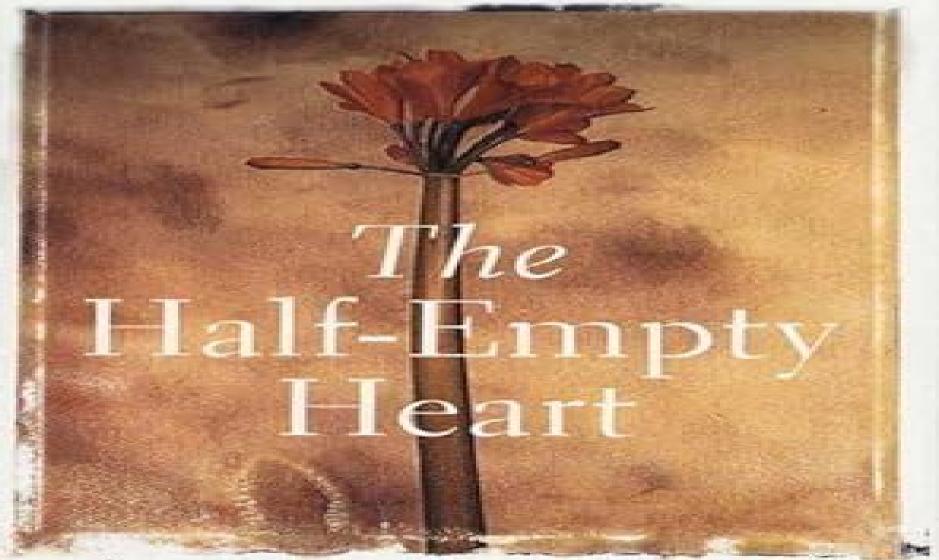
A Supportive Guide to Breaking Free from Chronic Discontent



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

CL Gary

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

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web overtone refers to the secondary meaning or implication of a word or phrase it is often used to describe the hidden or underlying message in a conversation or text here are some examples of how to use overtone in a sentence the overtone of his speech was one of optimism despite the challenges we were facing

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web answer both undertone and overtone have literal and figurative meanings the figurative meanings of these two words are very similar and usually interchangeable undertone in its literal sense means a low or quiet voice my wife told me in an amused undertone that the neighbors were arguing again

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