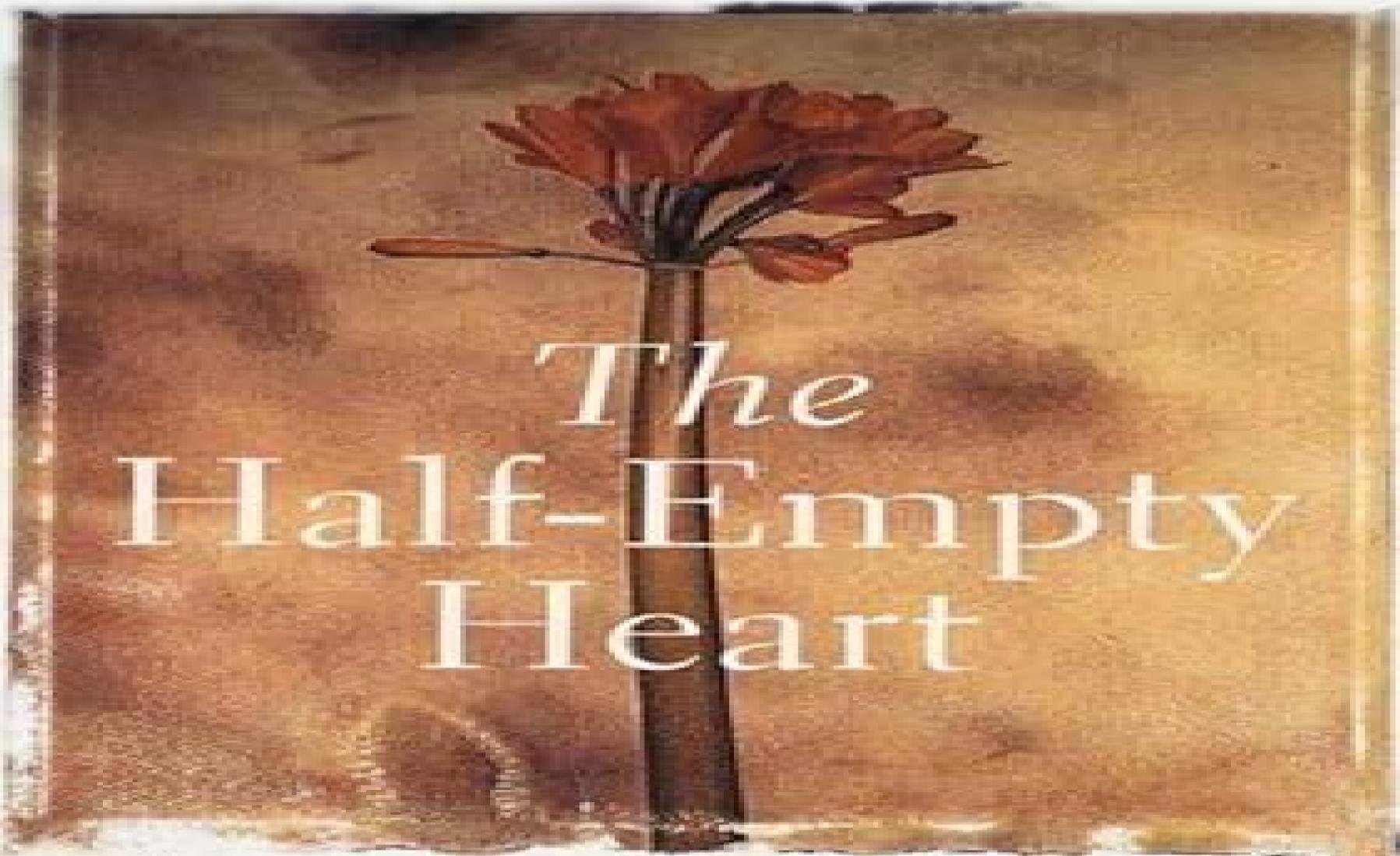


*A Supportive Guide to Breaking Free  
from Chronic Discontent*



*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

**Rachel Sandford**



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

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