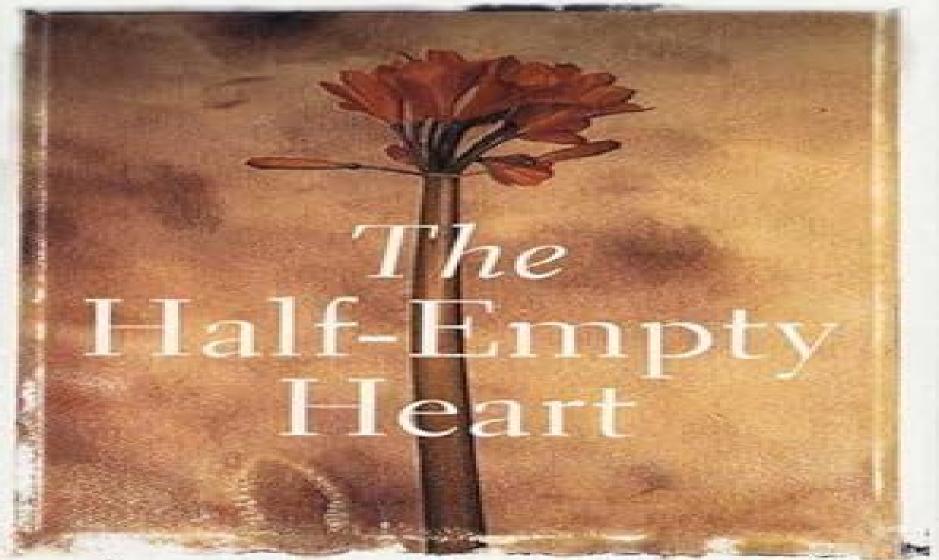
A Supportive Guide to Breaking Free from Chronic Discontent



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

Ian Pickup

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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