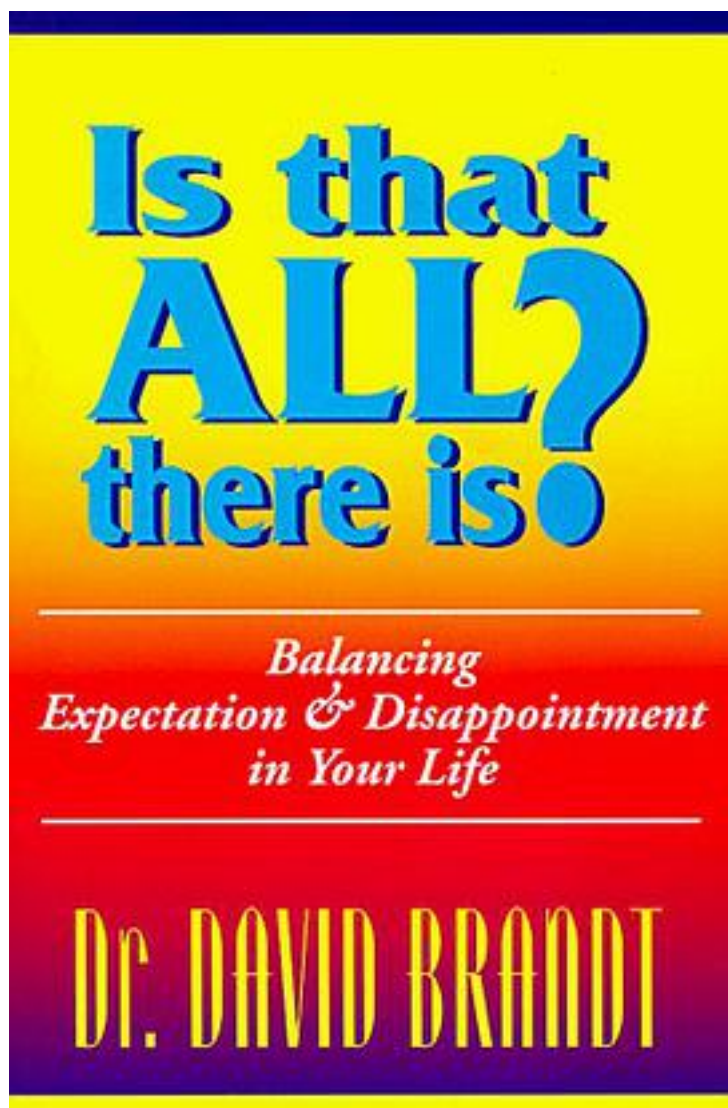


# Is That All There Is?



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Why are so many people depressed, so unhappy? ..".today we suffer from an unparalleled case of inflated hopes and expectations." says Dr. Brandt, "Disappointment flourishes in this environment." Is That All There Is? explains the psychology of disappointment, social influences that contribute to it, ways we deal with it, and how to convert it to a force for positive growth in our lives.

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