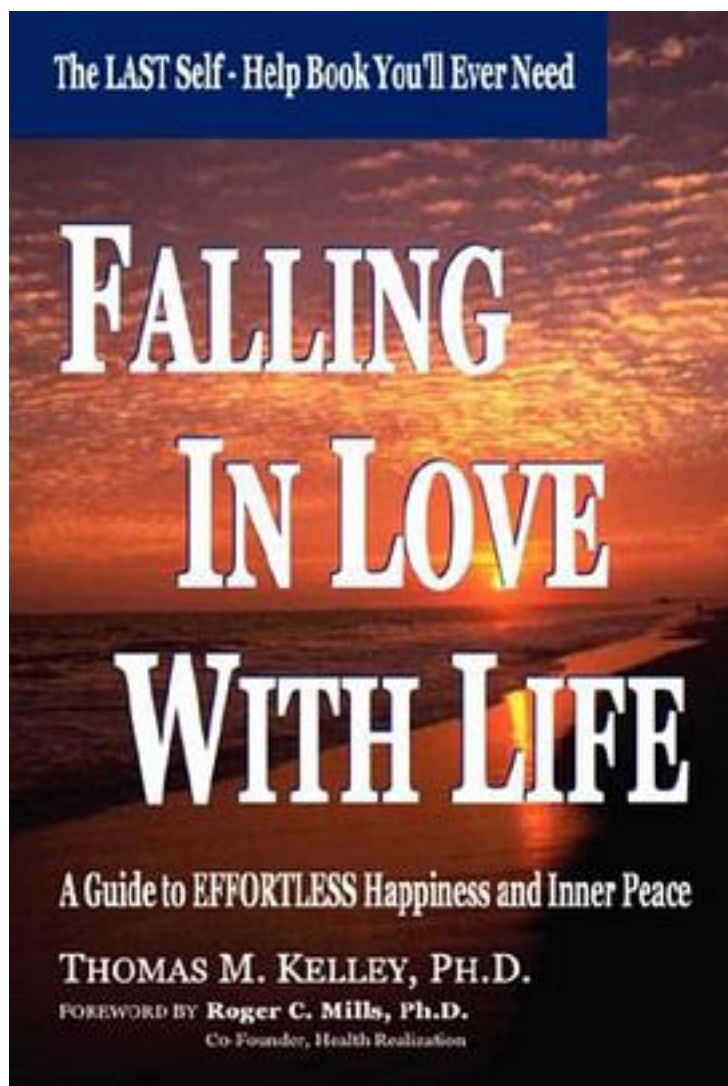


Falling In Love With Life



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出版者:Mountain Valley Publishing ,LLC

出版时间:2008-02-05

装帧:Paperback

isbn:9781934940136

I used to be "normal." Like most people in this culture, I'd gotten used to living with several chronic symptoms of the mental flu. For years, I did everything I thought would lead to more lasting happiness and peace of mind. By age 29, I had a Ph.D., an attractive condominium, a shiny red convertible, a pretty girlfriend, money in the bank, a professorship at a major urban research university, and a thriving psychotherapy practice. Yet, even with all the "right stuff," my moments of happiness and inner peace were fleeting. Also, I had a great self-image. Actually, most of the time, "it" had me. I prided myself on being attractive, intelligent, serious, articulate, ambitious, and successful. Most of the people who knew me as my "image," thought I had it made. Those who knew me better, however, could see beneath the facade. They saw what I knew was there, but for the life of me couldn't seem to shake...a lot of anxiety, unhappiness, and self-consciousness that followed me around like my own shadow.

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