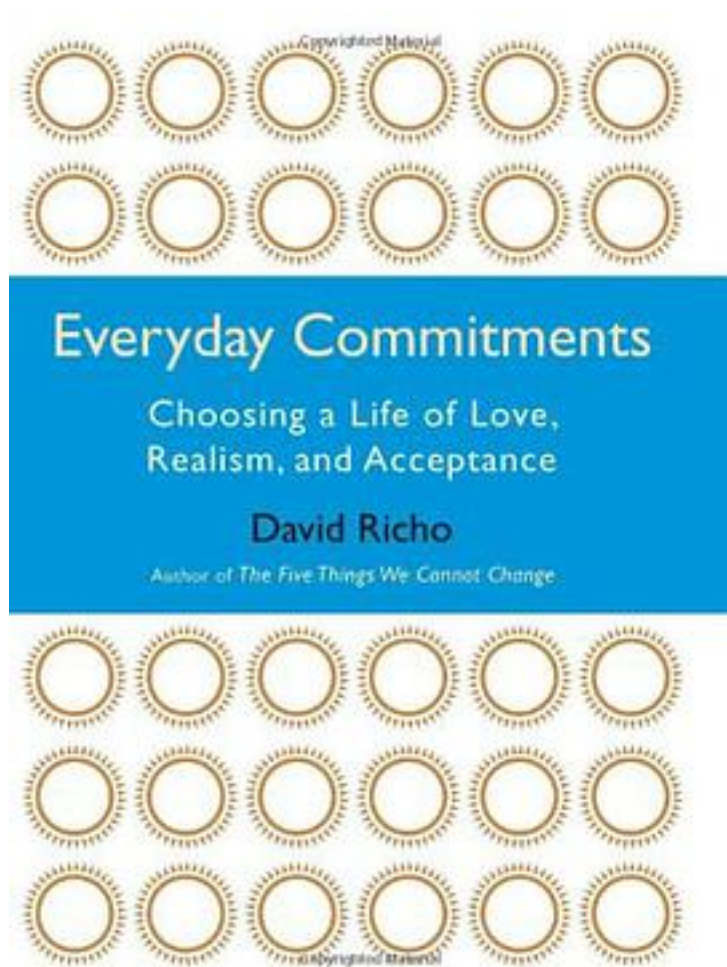


Everyday Commitments



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著者:Richo, David

出版者:

出版时间:2007-12

装帧:

isbn:9781590305621

In this unique book, psychotherapist David Richo offers fifty-two promises we can make to ourselves that will help us navigate the ups and downs of daily living in a wise,

compassionate, and psychologically healthy way. Taken together these commitments, along with the author's brief reflections on them, offer guidance on how to:

- develop genuine kindness toward yourself and others
- find freedom from fear
- maintain healthy boundaries in relationships
- develop greater honesty and awareness

Designed for daily or weekly inspiration and contemplation, Everyday Commitments also features practical exercises—including journaling, contemplation, and guided meditations—to foster inward growth and lasting positive change.

作者介绍:

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