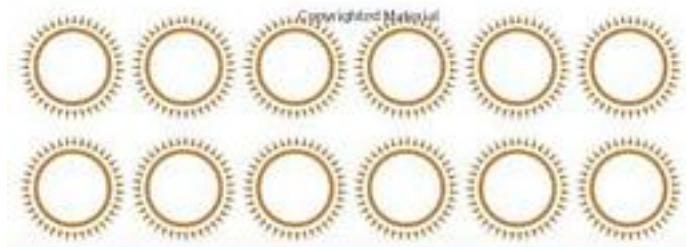


# Everyday Commitments

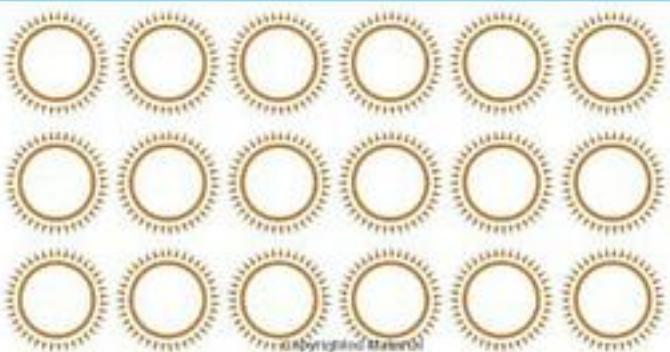


## Everyday Commitments

Choosing a Life of Love,  
Realism, and Acceptance

David Richo

Author of *The Five Things We Cannot Change*



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著者:Richo, David

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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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