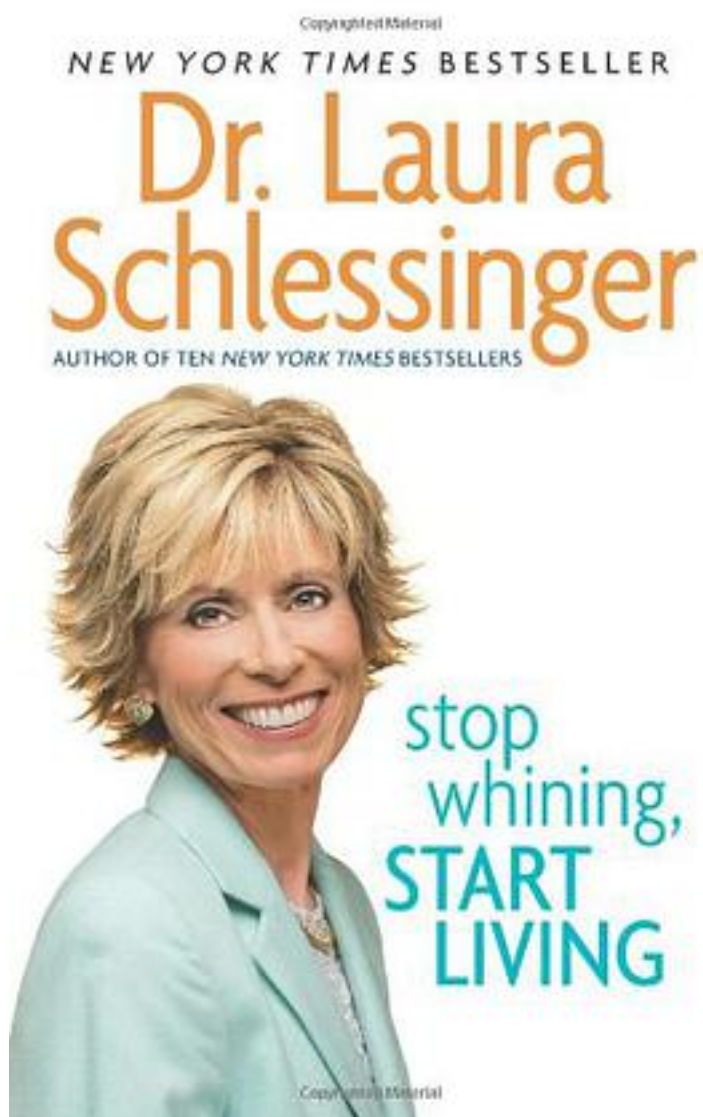


Stop Whining, Start Living



[Stop Whining, Start Living_ 下载链接1](#)

著者:Schlessinger, Dr. Laura

出版者:

出版时间:2008-3

装帧:

isbn:9780061456374

Dr. Laura Schlessinger steps in to help folks conquer the widespread, "poor me" mindset and take action to do and be their best in Stop Whining, Start Living , her most personal book to date. Building on the principles developed during her long career as a licensed Marriage and Family Therapist, Dr. Laura issues an important message: If you don’ t like your life, quit talking about your unhappiness and try to fix it. In Stop Whining, Start Living , Dr. Laura’ s powerful lessons include: Why giving, giving, and giving some more to others is a gift to yourself too Why over-talking about your troubles is a big don’ t and when to just shut up! How to reshape your self-image and reboot your relationships to get the life you want Everyone can use a kick in the pants sometimes, and Dr. Laura is here to deliver it!

作者介绍:

目录:

[Stop Whining, Start Living_ 下载链接1](#)

标签

评论

[Stop Whining, Start Living_ 下载链接1](#)

书评

[Stop Whining, Start Living_ 下载链接1](#)