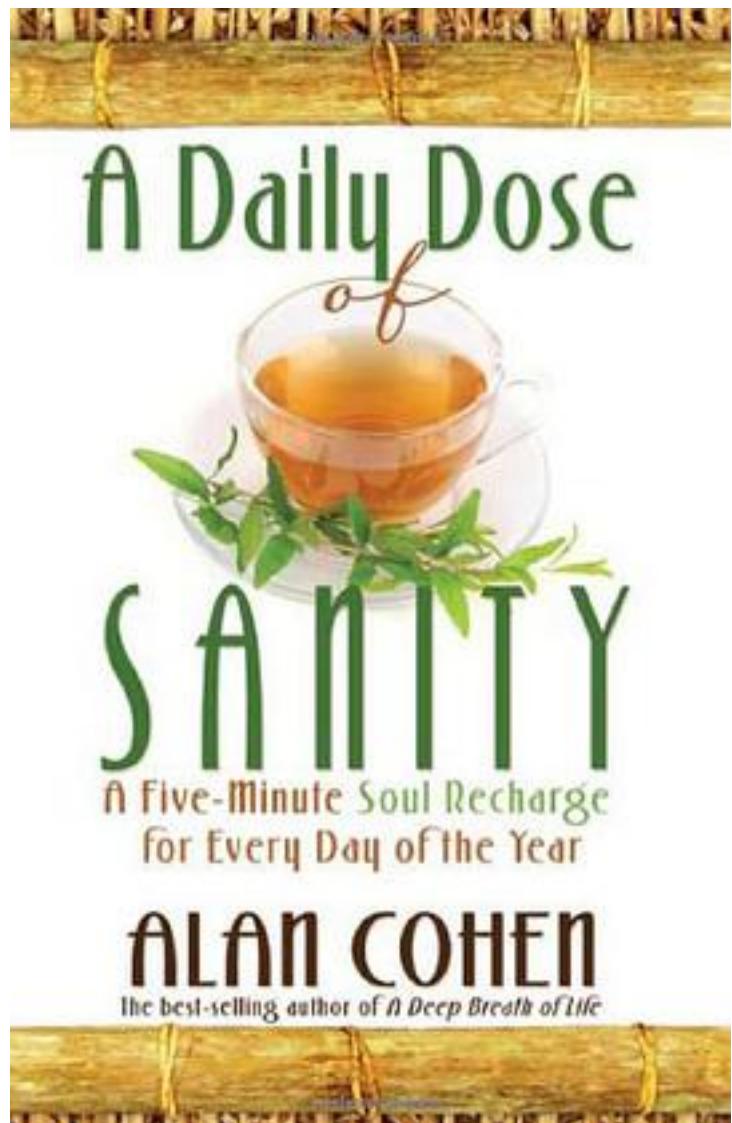


A Daily Dose of Sanity



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著者:Alan Cohen

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In times of challenge as well as ease, we all need a helping hand to stay on top of our game, make successful decisions, and find peace of mind in the midst of people and events that might distract us. This collection of inspiring, poignant, and humorous real-life stories, coupled with uplifting insights, will show you how to keep your head on straight and your heart open no matter where you are or what you're doing. In his uniquely warm and down-to-earth way, Alan Cohen teaches you through meaningful examples that you're in the perfect position to use your talents and assets to turn your life into all you want it to be. Each day-of-the-year entry contains a theme, an elegant quotation, a true-to-life anecdote, a short lesson, a question for self-study, and an empowering affirmation. In the tradition of Alan's highly popular award-winning book "A Deep Breath of Life," you can use this book on a daily basis for a potent uplift and gain valuable tools to feel better, create career and financial success, deepen the quality of all of your relationships, and find personal fulfillment that lifts you far beyond what you've known in the past.

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评论

值得每天都读，让人清醒，获得启发的书

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书评

《A Daily Dose of Sanity》可以翻译为“每天一剂清醒剂”。作者 Alan Cohen 是一位启发心理的导师和演讲者，也是 27 本书的作者。本书的内容被称为“清醒剂”

(a dose of sanity)。因为作者感觉当代社会中大量的对话和信息会让人们生活在焦虑中，甚至让人发疯。他用自己的文字...

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