



How Emotionally Damaged Are We? Discover the Thinkiatry Principles: And Learn the Self-Help Principles, Process, and Path to Healthier Psychological Functioning and Happiness Each Day (Paperback)

By John Lindsay O'Brien Ph.D

Outskirts Press, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English. Brand New Book ***** Print on Demand *****. TOOLS TO IMPROVE YOUR EMOTIONAL LANDSCAPE-FOREVER! How many people do you come across in your daily life who are generally unhappy, cranky, even miserable? Dr. John O'Brien, the author of Thinkiatry, has spent years studying the behavior and relationships of others. His conclusion? Most people are the victims of their own habitual thought systems-systems that allow negative thoughts and opinions to control their thinking-and by overcoming self-defeating thoughts, feelings and moods, we can all achieve a healthier, happier emotional life. Without negative feelings, anxiety, stress, and depression simply cannot exist! Thinkiatry's first four of five self-therapy principles now allow me to eliminate virtually all of my habitual negative thinking each day, and my emotional life has changed dramatically. This book is the result of the author's 30-year quest for personal happiness. It lays out steps anyone can take to uncover the happiness buried under years worth of chronic negative thoughts and the emotional distress they create. Become a Thinkiatrist and join the happiest people on earth.

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Reviews

This publication is definitely worth purchasing. Yes, it is actually engage in, nevertheless an amazing and interesting literature. You can expect to like just how the author write this publication.

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