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## If God Were Your Therapist

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By David J. Lieberman

Viter Press, United States, 2010. Paperback. Book Condition: New. 218 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Technological advancements have made our lives increasingly comfortable, safe, and easy; and we have more opportunities and advantages available to us today than ever before. Given the high level of both opportunity and comfort, one would expect people to be happier than ever, and even more satisfied with their lives. The reality, though, is startlingly different. Instead of thriving and feeling empowered as a result of greater choices, we are deteriorating. According to the latest research, one in four Americans suffers from mental illness. The drug companies try to keep pace, with the sales of anti-depressant, anti-anxiety, and mood-stabilizing drugs at record levels, and tens of millions of new prescriptions being written each year. But that doesn't seem to be enough. So why are we suffering from such emotional pain and anguish? Drawing on timeless wisdom and fundamental principles in psychology, If God Were Your Therapist offers insights into the human condition, and reveals how regardless of the opportunities available to us today, a lack of self-control results in poor choices, and ultimately leads to negative...



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