

The 60 Second Shrink 101 Strategies For Staying Sane In A Crazy World

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"The 60-Second Shrink: 101 Strategies For Staying Sane In A Crazy World offers over 100 mental health 'morsels,' each designed to help readers handle a key life issue and brief enough to be read in about a minute. The reader will learn the vital elements of a successful marriage; how to deal more effectively with anger, depression, stress, and anxiety; come to recognize how mental well-being is influenced by the response to everyday events, and much, much more.

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The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World is a small volume jam-packed with mental health tips. It's a useful book, read from cover-to-cover, but the authors designed it for browsing. Simply flip through the pages until you find the specific information you need.

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wrote the book the 60 second shrink 101 strategies for staying sane in a crazy world with compact and direct suggestions the layperson can understand arnold a lazarus phd is described as an award winning internationally acclaimed professor of psychology therapist author lecturer and clinical innovator the 60 second shrink 101 strategies

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