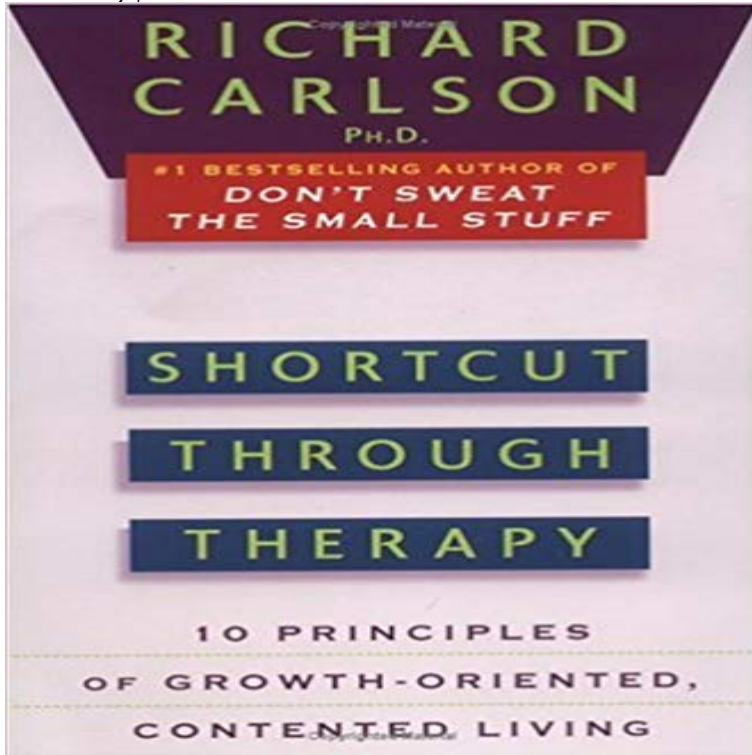


# Shortcut through Therapy: Ten Principles of Growth-Oriented, Contented Living



In this book, Psychologist Richard Carlson teaches the 10 principles of growth-oriented, contented living and reveals how traditional therapy often interferes with the healing process. He teaches techniques that encourage living in the moment, letting go of negative mind states and past traumas, and using positive thinking and visualization.

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