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Stuff That Sucks (Paperback)

By Ben Sedley

New Harbinger Publications, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Sometimes everything sucks. This unique, illustrated guide will help you move past negative thoughts and feelings and discover what truly matters to you. If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really does suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of fighting your pain, you realized what really matters to you and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try? Stuff That Sucks offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few...



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