

# The Poor Me Manual: Perfecting Self Pity-My Own Story (Hardback)

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### Reviews

This pdf is amazing. I actually have read and i also am sure that i am going to planning to read once more yet again in the foreseeable future. Your lifestyle period will probably be convert once you total looking at this publication. (Ms. Aileen Larkin)

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#### THE POOR ME MANUAL: PERFECTING SELF PITY-MY OWN STORY (HARDBACK)



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Axios Press, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. This book begins with the following author s note: One crisp sunny morning I was surprised to find a package left at my front door containing this book in manuscript form. Its author included a note saying that his last name was Lewis, that he had seen a book of mine, and that he had decided to adopt my name as his own. In addition, he expected me to publish his (our) book and that the cover should be nice. I have tried to do as requested. What follows this note is a rollicking fictional memoir that takes us through the ups and downs of the mysterious author s life. And what a life it is, full to the brim with every imaginable kind of neurotic behavior. There is method to this madness. In earlier books, including the best-selling A Question of Values and its sequel The Beguiling Serpent, Lewis developed a unique theory of the emotions. The Poor Me Manual further develops the theory and brings it to vivid life. This is fun reading. You will often laugh out loud. But you will also learn a great deal about the emotions and about which emotional strategies work and which don t. This book would be a great gift for anybody, but especially the teenager in your life.

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