



The Keys to Joy-Filled Living

Robert C Jameson

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In a gentle and spiritual approach, Robert C. Jameson, MFT, presents simple and powerful techniques that are intended to be used regularly to achieve joy in everyday life. You will learn how to truly love yourself and have a healthy, functioning, long-term relationship that makes your heart sing through time. He uses his experience of over twenty years as a Marriage, Family Therapist to explain, in simplified language, how to approach your fears head on, how to transform events from the past into stepping stones, how to change your negative self-talk, how to express your "negative" emotions so you don't hurt yourself or others, and much more.

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