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Life Is a Brief Opportunity for Joy (Paperback)

By Will Meyerhofer

Mill City Press, Inc., United Kingdom, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a guide for discovering joy, the simple pleasure of living each day. I am a psychotherapist, with an office in New York City. As I work with patients and listen to their stories, I search for themes that define the human condition. These themes have melded into a philosophy centered upon living with joy. No book can substitute for the process of psychotherapy. But I hope these ideas will introduce you to the work of selfdiscovery at the heart of that experience. -from the introduction to Life is a Brief Opportunity for Joy.

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