



It s All Part of the Dance: Finding Happiness in an Upside Down World (Paperback)

By Dr Alan Gettis

Goodman Beck Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. It s All Part of the Dance: Finding Joy and Meaning in an Upside Down World is a fascinating collection of parable-like stories, myths, and anecdotes. Dr. Gettis draws upon his 40 years of clinical experience as a psychologist and combines that with the latest research on the science of happiness. The book is written in a down-to-earth, non-pedantic style that makes it easy to read and digest, despite dealing with complex human issues. It combines Zen wisdom, cognitive behavioral therapy, spirituality, and the new paradigm of positive psychology. The book confronts our societal notions of what brings us true happiness. The answers may surprise you. Dr. Gettis believes we are hardwired for stories. He believes that the stories in It s All Part of the Dance may indeed change the way the reader lives his or her life.



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