



Authenticity: A Guide to Living in Harmony with Your True Self

By Dr. David Posen MD

Ambrosia, 2018. Soft cover. Condition: New. From Dr. David Posen, the bestselling author of *Is Work Killing You?* and *The Little Book of Stress Relief*, comes a book about listening to your body, understanding your mind, and making better choices in your life. For over thirty years, Dr. David Posen has counselled patients suffering from severe stress, anxiety, and depression. Over that time, he noticed a pattern. As our lives have become faster and increasingly fragmented, many of us have become disconnected from our true selves. We've become round pegs trying to fit into square holes. And when we try to be what we're not, the result isn't surprising: we become unhappy, possibly depressed, and in extreme cases, burnt out. Using a holistic approach that combines elements of physiology, psychology, and philosophy, *Authenticity* teaches readers to identify, acknowledge, and accept their true selves in order to make better, more informed, and realistic life choices. Drawing on real-life examples from his experience in stress management, Dr. Posen has identified five common sources of anxiety and unhappiness: personality traits, time and speed, sleep, values, and passions. For each of these areas, the solution is surprisingly simple. We must learn to live in...



READ ONLINE
[2.38 MB]

Reviews

Unquestionably, this is the greatest job by any author. It really is simplistic but shocks inside the fifty percent in the book. I am just pleased to inform you that here is the greatest book i actually have go through within my own existence and could be he greatest ebook for at any time.

-- **Elva Kemmer**

Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook.

-- **Myah Williamson**