



The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent

Alan Downs. Ph.D.

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Finally, a book of insightful and practical advice for the millions of people suffering from low-grade depression, also known as dysthymia or chronic discontent

Frustrated. Stressed. Irritable. Discouraged. Cynical. Fed up. These are among the feelings experienced by millions of people. Whether they realize it or not, their feelings are not caused by a negative attitude, a lack of gratitude, or laziness. Rather, these feelings are among the symptoms of a condition called dysthymia, also known as chronic discontent or low-grade depression. It blocks feelings of happiness, contentment, and passion, leaving emptiness, a lack of meaning, and despair.

This powerful and practical book explains how this condition takes hold—and presents simple yet profound ways to overcome it once and for all. Using anecdotes from his private practice as well as insightful questions and exercises, psychotherapist Alan Downs, Ph.D., shines light into the dark corners of this isolating and debilitating condition and includes a five-week program to help you feel good again.

Not a superficial, magic-bullet approach, *The Half-Empty Heart* is a probing, honest book that offers a path to meaningful change. The path begins here.

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