



We Are Driven: The Compulsive Behaviors America Applauds

Robert Hemfelt, Frank Minirth, Paul Meier

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"We live in a culture that is constantly chasing the false gods of materialism and achievement," say Doctors Robert Hemfelt, Frank Minirth, and Paul Meier. "It's no surprise that many people are facing depression, chronic fatigue syndrome, and burnout." We are unconsciously trying to: **suspend time--"If I can cram more into an hour, I'm stretching that hour." **be invincible--"If I just jog enough, I won't age. My body will stay as it is." **achieve immortality--"If I work hard enough or build a building or business with my name on it, I will live on after I die." "Our everyday compulsions give us the false illusion that they can answer these needs," say the doctors, "but they cannot." WE ARE DRIVEN shows you how to identify these needs and stop the compulsive drive to fill them. In this book, the doctors suggest 10 touchstones for living a balanced life. A life in which these compulsions become positive attributes worth of America's applause.

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Roxanne Harrelson:

This book untitled We Are Driven: The Compulsive Behaviors America Applauds to be one of several books that will best seller in this year, that is because when you read this e-book you can get a lot of benefit on it. You will easily to buy this particular book in the book store or you can order it through online. The publisher with this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Smartphone. So there is no reason to your account to past this publication from your list.

Gloria Wells:

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