



Why Good People Make Bad Choices: How You Can Develop Peace of Mind Through Integrity (New Horizons in Therapy)

Charles Lawrence Allen

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Suppose that four simple instinctual directives helped to bring about the survival of the human species. While good for survival purposes, those directives have also been at the heart of most human problems. Understand and manage anger, worry, guilt, bad habits, anxiety, and depression.

Why Good People Make Bad Choices is for the individual who wants to experience a more harmonious inner nature, or establish a new direction for their life. "As you begin to consistently live out your belief system, one choice at a time, your trust in the outcome of integrity will be the incentive to continue. Positive results will prevail, and you will be evolving." **What People Are Saying About *Why Good People Make Bad Choices***

"I find this to be a very valuable framework for therapy, and for living a good life generally. It is a challenging book that can lead one to a new, more satisfying life."

-Robert Rich, PhD, author *Cancer: A Personal Challenge*.

"Why Good People Make Bad Choices is an incredible tool to aid in the transcendence of the ego and to initiate the establishment of a personal belief system in order to live life with integrity."

-Richard A. Singer Jr., psychotherapist, author *Your Daily Walk with the Great Minds*

"Thought-provoking and well worth the time, this book should be read once throughout and then repeatedly and in small doses. It is bound to trigger a lot of introspection, something we sorely lack in modern life."

-Sam Vaknin, author *Malignant Self Love: Narcissism Revisited*

More information at www.CharlesLawrenceAllen.com From the New Horizons in Therapy Series

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Shawn Hunter: In this 21st one hundred year, people become competitive in every way. By being competitive now, people have to do something to make these people survive, being in the middle of the crowded place and notice simply by surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yes, by reading an e-book your ability to survive is boosted then having a chance to endure than other is high. For you who want to start reading any book, we give you this *Why Good People Make Bad Choices: How You Can Develop Peace of Mind Through Integrity (New Horizons in Therapy)* book as a beginner and daily reading e-book. Why, because this book is more than just a book.

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