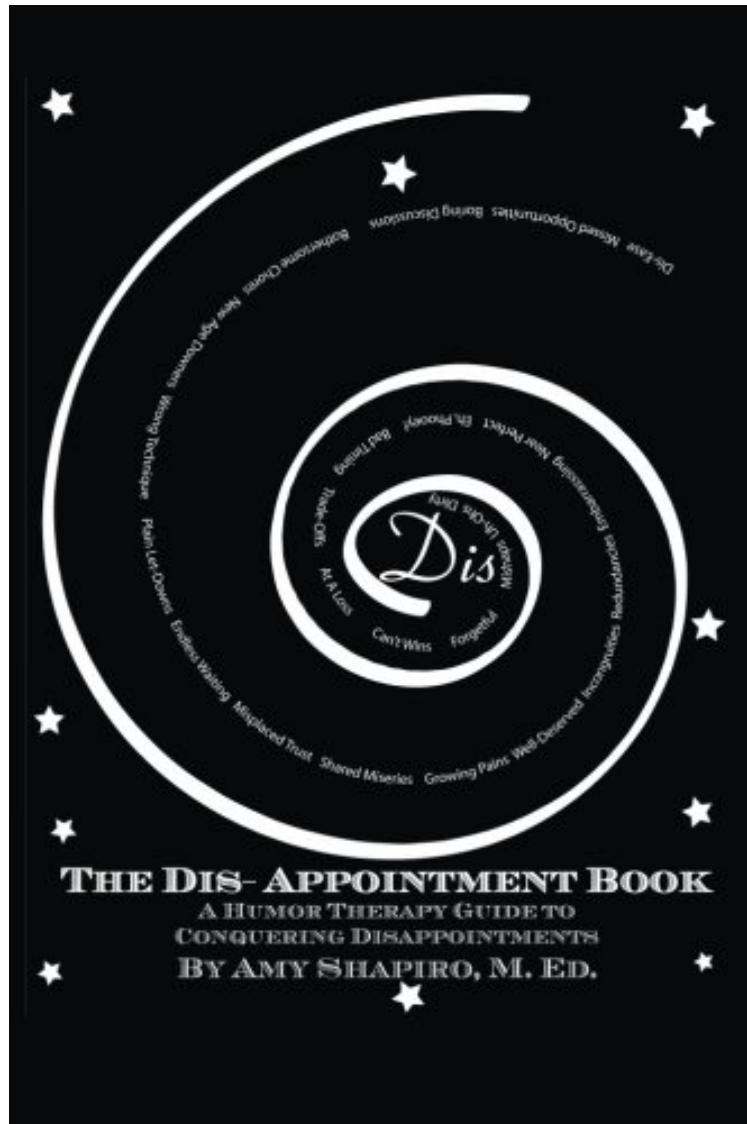


The Dis-Appointment Book: A Humor Therapy Guide to Conquering Disappointments

Amy Shapiro

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#6746505 in Books Amy Shapiro 2006-10-06 2006-10-06 Original language: English PDF # 1 9.00 x .13 x 6.00l, .19 #File Name: 141964908656 pages The Dis appointment Book A Humor Therapy Guide to Conquering Disappointments | File size: 18.Mb

Amy Shapiro : The Dis-Appointment Book: A Humor Therapy Guide to Conquering Disappointments before purchasing it in order to gage whether or not it would be worth my time, and all praised The Dis-Appointment Book: A Humor Therapy Guide to Conquering Disappointments:

2 of 2 people found the following review helpful. Smiles, laughter and no dis-appointment By Bifton Laughter is good

medicine and this guide is full of tips, tools and quips to help you identify, track, understand and manage a range of disappointments - a lot for a little book! Early chapters point to hidden meanings buried under our disappointments and our need to self-reflect to uncover our 'gems.' If you commit the time and self-examination needed to conquer your disappointment, this book is a great companion, bringing smiles, laughter and even a few cathartic tears. A fine gift for those who are burdened by people in need of anger management! 1 of 1 people found the following review helpful. Making sense of disappointments By Lauren K. Bodenski Sometimes laughter is the best medicine. Finding a way to address, and then move on from life's business and personal disappointments can sometimes be a challenge. Putting a category name to your disappointment, knowing you're not alone, and then having the tools to move past that disappointment is a huge help. Amy's book can help you do that by bringing her common sense, professional insight, and most of all humor right into your home. Read it, read it again, and then, buy one for a friend.

If disappointment has kept you from reaching a goal, realizing a dream or being happy, then this book is for you. Hear what others are saying ... 'The Dis-Appointment Book' by Amy Shapiro is a delight! It is a guide to see our disappointments great and small in perspective. With humor and serious advice, the author reminds us that we can use our disappointments in creative ways and release ourselves from their disabling grip. To read the book is to experience a tender liberation from those disappointments that cripple our lives, allowing us with a smile to move ahead without those crutches of fear and despair. Read it, do the exercises and see what I mean!' The Rev. Dr. Doris Hunter 'This book is the perfect thing to have on hand to help people remember that they are not alone in their 'dis-appointments'! Each page prompts a feeling of 'Oh! I've been there!' that is sure to bring a smile to the reader's face. This is a book to refer to again and again.' Leah M. Towne, Psychotherapist. This book is a resource for psychotherapists, who want to give their clients a new way to reflect upon their disappointments. Amy has developed an information sheet to accompany the book, which is FREE to therapists; contact her with a request at NewAgeSages.com

About the Author Amy Shapiro learned early, humor can be a tool for healing. Her writing draws on her background in meditation, Eastern mysticism, astrology and spirituality. Her introduction to humor therapy in 1993 was at Harvard's Mind-Body Institute, with Loretta Laroche. Amy also draws on her training in Counseling Psychology and 40+ years of serving clients, integrating humor into their process of self-discovery. She finds that when people can laugh at their problems, they can more easily resolve them. Amy studied with masters from the USA, Europe and Asia: Isabel Hickey, William Swygaard, Jo Onvlee, John Chung Li, Dr. Oskar Adler. She combines her training in Counseling Psychology and Education with training in metaphysics, consulting, lecturing and writing. She has written books on Past Life Therapy, the I Ching and published The Testament of Astrology, biographies of Dr. Oskar Adler and Isabel Hickey, plus an astrological natal report (see NewAgeSages.com).