



The Nine Fantasies That Will Ruin Your Life (and the Eight Realities That Will Save You)

Joy Browne

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Dr. Joy Browne has spent nearly twenty years advising thousands of women and men about their frustrations and disappointments. She has diagnosed the ways we get in trouble and stay there. In turn, Dr. Joy has developed a proven prescription to free us from our self-defeating thoughts and habits that allows for real progress toward our goals. She calls her plan for emotional health **The Nine Fantasies That Will Ruin Your Life and the Eight Realities That Will Save You.**

In this groundbreaking book, Dr. Joy Browne shows you how to apply these simple, powerful ideas to your marriage, personal relationships, career, finances, health, and every other area of your life. No matter how difficult or long-standing your problems, Dr. Joy will show you how to become a fearless, focused, and, most important, happy adventurer in your own life. That may sound like a fantasy, but you can make it your new reality.

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