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Stop Your Sh*t Shoveling: Why Your Life Is in the Toilet and What You Can Do about It

By Carl A Hammerschlag M D

Turtle Island Press, United States, 2012. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.If you keep repeating behaviors that you know are not good for you.if you talk endlessly about your problems but never make a serious move to change them. you could be a shit shoveler. Laments like these are suggestive of the problem: And then he cheated on me again, and I know he s not good for me, but I love him/can t leave him/ maybe this time. I hate my job but I can t leave now. It doesn t matter what diet I m on, I gain it all back, and more. He s thirty and not going to school or working. I told him he had to move out, but he won t leave and I can t kick him out. Anyone stuck in a rut (in relationships/ work/ home/ or within) and wanting to get on with his or her life, might want to read Stop Your Sh*t Shoveling by internationally recognized psychiatrist Dr.Carl Hammerschlag, whose work with Native Americans has been summarized in three critically acclaimed books (The Dancing Healers, The...

Reviews

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