



## Stop the Craziness: Simple Life Solutions

*Dr Shirley B Garrett Psy.D*

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# Stop the Craziness: Simple Life Solutions

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- Are you or someone you know circling the Black Hole of unhappiness? - Are you exhausted from making the same mistakes? - Is life a series of ruined relationships? - Are you tired of being used and abused? - Have you given up on happiness? - Do you want your life to be different-better? There are Solutions so DON'T GIVE UP HOPE. "Stop the Craziness: Simple Life Solutions" is a handbook for life. It is written for people who grew up, or are living in unhappy family situations, where learned beliefs and behaviors have trapped them in a repetitive cycle of drama and trauma. The short and simple life solutions offer a chance to acquire the missing pieces of information not received during childhood. This fascinating and easy-to-read book is a toolbox of practical information that is useful for daily life. The amusing Diva Pookie Boop cartoons enhance the book. This book is not focused on the problems, but on the solutions.

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