

Staying O.K.: How to Maximize Good Feelings and Minimize Bad Ones, 2011, 320 pages, Amy Harris, Thomas A. Harris, 0062124358, 9780062124357, Harper Collins, 2011

A sequel to I'm OK&T“You're OK. This book offers advice on making important changes and taking charge of your life, resolving conflicts, and rooting out the causes of worry, panic, depression, regret, confusion and feelings of inadequacy.

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