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The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World. Authors: Arnold A. Lazarus, Clifford N. Lazarus. Publisher: Impact Publishers, 1997. Original from: Pennsylvania State...

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The 60-Second Shrink: 101 Strategies For Staying Sane in a Crazy World is a small volume jam-packed with mental health tips. It's a useful book, read from cover-to-cover, but the authors designed it for browsing. Simply flip through the pages until you find the specific information you need.

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wrote the book the 60 second shrink 101 strategies for staying sane in a crazy world with compact and direct suggestions the layperson can understand arnold a lazarus phd is described as an award winning internationally acclaimed professor of psychology therapist author lecturer and clinical innovator the 60 second shrink 101 strategies

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The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World. Provides concise answers for solving mental health problems. Learn the vital elements of a successful marriage; how to deal effectively with anger, depression, stress, anxiety.

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