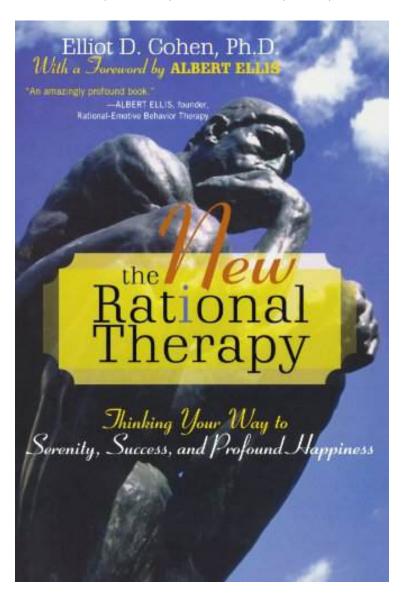
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# The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness

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a major depressive episode can alter not only a persons mood and sense of belonging but also impact their reality hello light you are not alone you have friends useven though we are invisable efb will help you your family do not sound very nice so stop thinking about themput The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness:

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