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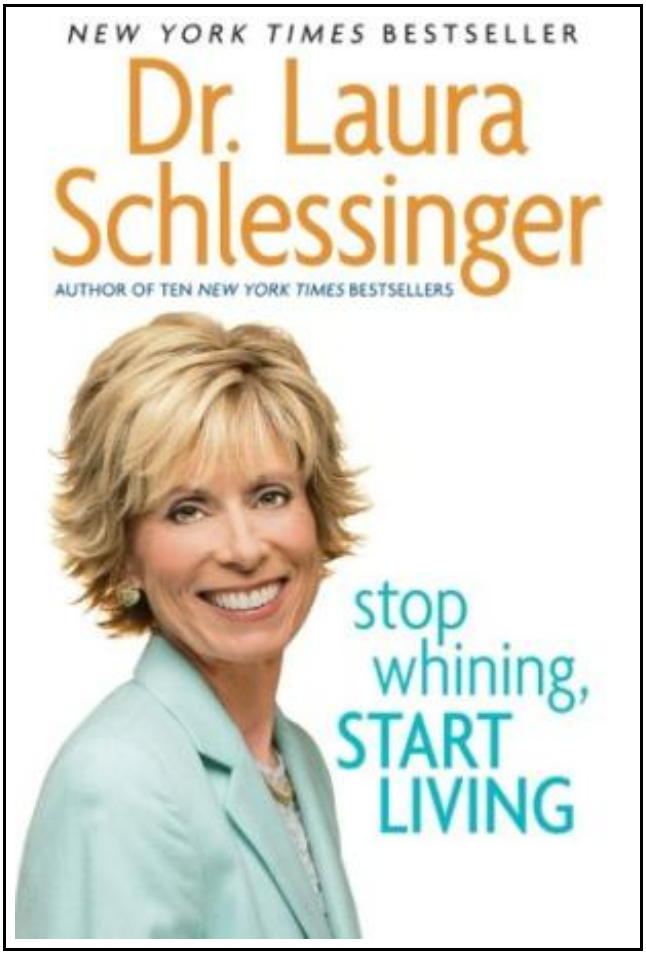

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HarperCollins Publishers Inc, United States, 2009. Paperback. Book Condition: New. Reprint. 198 x 132 mm. Language: English . Brand New Book. Dr. Laura Schlessinger admits that there are things worth whining about! A certain amount of whining allows for some venting of reasonable pain, disappointment, fear, frustration or frank rage. However, staying stuck in whining mode that can become a life-long problem. This is where Dr. Laura steps in with Stop Whining, Start Living to help folks conquer the temptation to retreat from living life to the fullest. Building on the principles developed during her long career as a licensed marriage and family therapist and addressing the chronic struggles of so many of her listeners and readers, Dr. Laura issues an important message in the no-nonsense but compassionate voice that is her trademark: If you don t like your life, quit talking about your unhappiness and try to fix it, no matter how difficult or impossible your situation seems. Everyone can use a kick in the butt sometimes, and Dr. Laura is here to deliver it!.

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