



# Your Mind: An Owner's Manual for a Better Life

*Christopher Cortman, Harold Shinitzky*

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**"Dr. Harold Shinitzky, whom I like to call 'Doc,' has kept me from making irrational decisions at some really hard times. He has a way with positive words and wisdom like no other. Although he cannot solve them all, he has helped me have a better handle on thinking out the situation before I react. Your Mind is a definite read and has help me tremendously! Grip It & Read It!"**

**--John Daly, PGA Golfer**

**"Individuals suffering from drug and alcohol or other addictions, anxiety, depression, resentment, and compulsive behavior, as well as those having difficulty moving on from bad relationships and other bad experiences can greatly benefit from the knowledge and practical exercises contained in this book. It contains some excellent advice for letting go of bad experiences in the past and refocusing in order to have a happier life."**

**--Calvina Fay, Executive Director, Drug Free America Foundation, Inc.**

During their more than 80,000 hours facilitating psychotherapy, Drs. Cortman and Shinitzky realized that most people are unaware of 10 crucial psychological truths--truths imperative to maintaining mental health and well-being. As a result of this lack of awareness, they become anxious, depressed, and generally unhappy; if they learn the 10 truths, they are much more likely to lead productive, fulfilled lives.

Do you know that:

- \* Emotions are understandable and contain valuable information?
- \* Our behavior has a hidden purpose?
- \* We all have an internal saboteur whom we must identify and control?
- \* We can change how we act if we change how we think?
- \* Time heals nothing?

Your Mind: An Owner's Manual for a Better Life combines extensive psychological research with decades of clinical practice and delivers its wisdom in a practical, easy-to-digest narrative. Through examples and exercises, Drs. Cortman and Shinitzky present a step-by-step strategy to help you make use of the truths and become a happier, healthier you.

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