



Puffer Fish Blues

C. Wesley Hanvy

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I know it's painful and you really don't want to do it but stop and think closely about your present life for a few minutes. What chronic problem patterns exist for you? What one set of recurring problems keeps your life in a state of uproar and disharmony? Maybe you continually forge personal relationships only to have them fail because of your repeated disrespectful and abusive behaviors towards others. Does your family life seem to be one big, continuous shouting match because of your uncontrollable temper? Do you eventually get fired from every job because the boss is always such a prick? Do you repeatedly have conflicts with your teachers, other authority figures, even coworkers? Maybe you frequently abuse chemicals in some form, including alcohol. Is your life totally consumed by your work at the expense of personal relationships? Pick your own poison. In Puffer Fish Blues, Dr. Hanvy teaches you how to just stop and consider that none of these problems are really THE problem. They are just a symptom of the problem. They are merely the end result of mindless, habitually repeated behaviors, lovingly referred to in the common parlance as addictions.

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