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When Misery is Company - Reading Sober

When Misery Is Company: End Self-Sabotage And Become Content by psychotherapist, licensed mental health counselor, and popular author Ann Katherine offers the reader exercises, anecdotal personal stories, and an insightful, gentle wisdom focused on the self-defeating practice of trying to guard against disappointment, fear or shame by not allowing ourselves to fully experience intimacy, success, or pleasure.

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