

The DIS-Appointment Book: A Humor Therapy Guide To Conquering Disappointments



If disappointment has kept you from reaching a goal, realizing a dream or being happy, then this book is for you. Hear what others are saying ... The Dis-Appointment Book by Amy Shapiro is a delight! It is a guide to see our disappointments great and small in perspective. With humor and serious advice, the author reminds us that we can use our disappointments in creative ways and release ourselves from their disabling grip. To read the book is to experience a tender liberation from those disappointments that cripple our lives, allowing us with a smile to move ahead without those crutches of fear and despair. Read it, do the exercises and see what I mean! The Rev. Dr. Doris Hunter This book is the perfect thing to have on hand to help people remember that they are not alone in their dis-appointments! Each page prompts a feeling of Oh! Ive been there! that is sure to bring a smile to the readers face. This is a book to refer to again and again. Leah M. Towne, Psychotherapist

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