



## The Book of Life: The Collected Wisdom of Dr. G. Christopher Berry

By G Christopher Berry Ph D

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why do people do the things they do and feel the things they feel? If you were able to develop a better sense of what drives your actions and emotions, and those of the people around you, the possibility of a happier, more meaningful life would increase significantly. Now, psychologist G. Christopher Berry, PhD, draws from his years in the field, as well as his own life journey, to share a revolutionary new theory that can lead to a greater understanding in order to feel good. Detailing his groundbreaking Emotion Focused Theory, or EFT, The Book of Life: The Collected Wisdom of Dr. G. Christopher Berry is an inspirational book of wisdom to teach you how the world works so you can have the kind of life you want. A manual for life that bridges the spiritual and psychological, this easy, enlightening self-help resource differs from other books in its genre by in its depth, perspective, and innovative thinking. Dr. Berry s Emotion Focused Theory, EFT, which is published for the first time in this book, reconciles the...



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