



# The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent

By Alan Downs, Ph.D.

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**The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent** By Alan Downs, Ph.D.

**Finally, a book of insightful and practical advice for the millions of people suffering from low-grade depression, also known as dysthymia or chronic discontent**

Frustrated. Stressed. Irritable. Discouraged. Cynical. Fed up. These are among the feelings experienced by millions of people. Whether they realize it or not, their feelings are not caused by a negative attitude, a lack of gratitude, or laziness. Rather, these feelings are among the symptoms of a condition called dysthymia, also known as chronic discontent or low-grade depression. It blocks feelings of happiness, contentment, and passion, leaving emptiness, a lack of meaning, and despair.

This powerful and practical book explains how this condition takes hold—and presents simple yet profound ways to overcome it once and for all. Using anecdotes from his private practice as well as insightful questions and exercises, psychotherapist Alan Downs, Ph.D., shines light into the dark corners of this isolating and debilitating condition and includes a five-week program to help you feel good again.

Not a superficial, magic-bullet approach, *The Half-Empty Heart* is a probing, honest book that offers a path to meaningful change. The path begins here.

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### **Editorial Review**

#### From Publishers Weekly

Downs, a clinical psychologist and author (*Why Does This Keep Happening to Me?*), discusses the increasingly common low-grade depression known as dysthymia. Symptoms of this problem include constant disappointment, lack of motivation and feelings of hopelessness. Downs offers many brief case studies of people suffering from dysthymia, as well as descriptions of this condition. For example: "The block we create to emotional flow is best described as emotional dishonesty. Emotional dishonesty ranges from simply hiding our true feelings from others to actively falsifying our feelings in ways that may be more acceptable and less confrontational.... We hide our true feelings from other people when those feelings aren't convenient or might be uncomfortable." Downs does a first-rate job of explaining how "chronic discontent" can develop and how it affects relationships with friends and family. The last part of the book is a five-week program designed to help people change their lives and conquer some of their symptoms. The center of his cure is a series of writing exercises (focusing on keeping a journal of feelings and recollections), and while this may not address everything sufferers may need to know, it is a solid effort to help them get on their way.

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#### Review

An insightful, honest book that offers simple and effective steps for overcoming a common--but often overlooked--condition.

#### From the Back Cover

*You find yourself weary with the humdrum of everyday life and often feel apathetic about things that you know should mean more to you. You try to spice up your life with new experiences, but you always seem to be in the same endless cycle of frustration and disappointment. . . .*

Millions of Americans suffer from chronic discontent, or low-grade depression, which saps the joy and meaning out of life. The insights and exercises in this book will take you on a journey to a richer experience of life—and happiness that lasts.

### **Users Review**

#### **From reader reviews:**

##### **Richard Twombly:**

Book is to be different for each and every grade. Book for children until finally adult are different content. As you may know that book is very important for all of us. The book *The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent* seemed to be making you to know about other expertise and of course you can take more information. It is rather advantages for you. The book *The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent* is not only giving you far more new information but also for being your friend when you feel bored. You can spend your own spend time to read your publication. Try to make relationship with all the book *The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent*. You never experience lose out for everything if you read some books.

**Kim Phillips:**

As people who live in typically the modest era should be change about what going on or information even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe will probably update themselves by reading books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent is our recommendation so you keep up with the world. Why, since this book serves what you want and wish in this era.

**Debra Espiritu:**

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**Candy Smith:**

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