



A Thousand Waves: A Sensible Life-Style for Sensitive People (Constructive Living Series, No 5)

David Reynolds

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The title of this book comes from the Zen-inspired writings of the Japanese psychiatrist Morita Masatake. As people try to suppress one feeling, such as shyness or anxiety, we only succeed in generating a thousand others. This book offers ways to overcome those neurotic impulses in more positive ways.

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