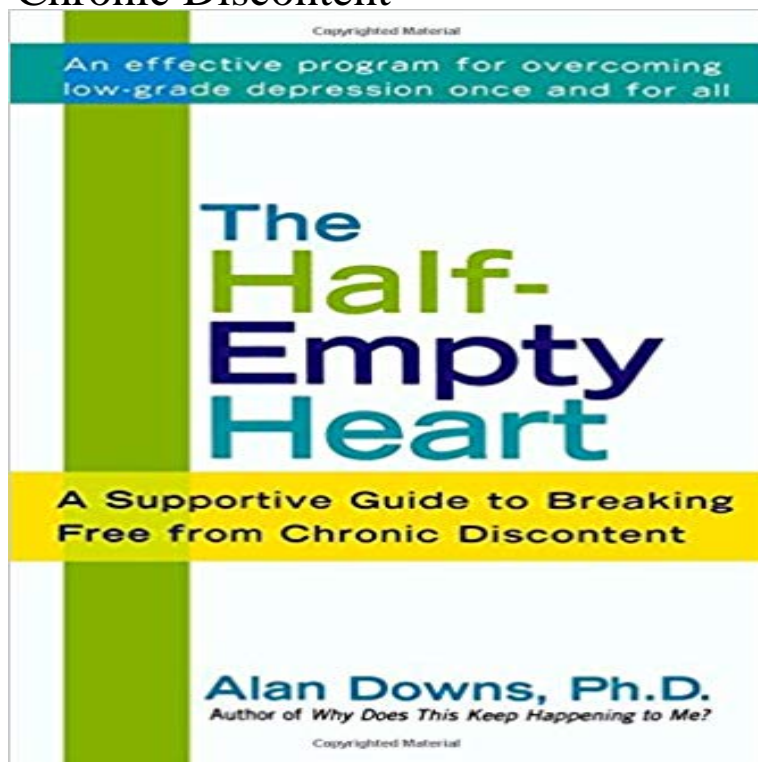


# The Half-Empty Heart: A Supportive Guide to Breaking Free from Chronic Discontent



Finally, help for the millions of people suffering from low-grade depression, also known as dysthymia or chronic discontent. Frustrated. Irritable. Discouraged. Fed up. These are among the feelings experienced by millions of people suffering from low-grade depression. Often erroneously attributed to a negative attitude or laziness, this common condition saps feelings of happiness, contentment, and passion, and frequently goes undiagnosed. The Half-Empty Heart is a powerful and practical book that explains how the condition takes hold--and presents simple yet profound ways to overcome it for good. Using anecdotes from his private practice as well as quizzes, checklists, exercises, and a complete five-week plan for achieving lasting results, clinical psychologist Alan Downs, Ph.D., shines light into the dark corners of this isolating and debilitating condition. You can feel good again. The Half-Empty Heart shows the way.

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