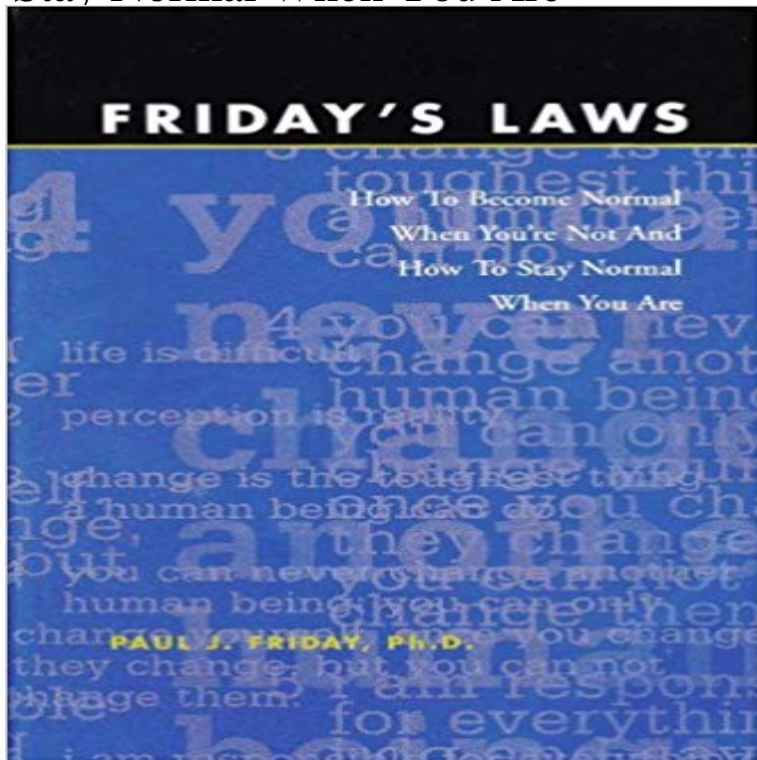


Fridays Laws: How To Become Normal When You're Not And How To Stay Normal When You Are



Human beings are interested in other human beings. We like to know how others live, what they feel, how they cope and survive on their individual and collective womb-to-tomb trips. What other human beings do to win at living becomes an informational target for all of us. We emulate behaviors which we feel are potentially good and productive; we avoid the behaviors that potentially are bad and non-productive. Fridays Laws is based on my work with thousands of patients in well over 50,000 hours of a clinical practice. Hundreds of lectures, radio shows, and television interviews propelled the creation of this work. This book will show you how normal and not-so-normal people exist side-by-side in this difficult world. By emulating the thinking and behaviors of normal people, it is hoped that your life will improve in quality regardless of the quantity of living that remains for you.

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