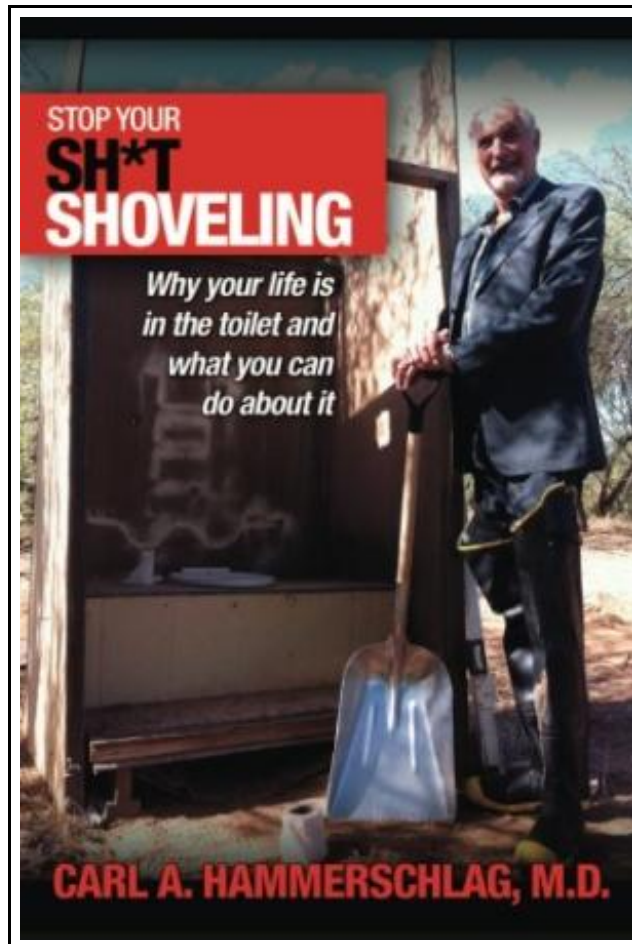


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Reviews

*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)*

STOP YOUR SH*T SHOVELING: WHY YOUR LIFE IS IN THE TOILET AND WHAT YOU CAN DO ABOUT IT



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Turtle Island Press, United States, 2012. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.If you keep repeating behaviors that you know are not good for you.if you talk endlessly about your problems but never make a serious move to change them. you could be a shit shoveler. Laments like these are suggestive of the problem: And then he cheated on me again, and I know he s not good for me, but I love him/can t leave him/ maybe this time. I hate my job but I can t leave now. It doesn t matter what diet I m on, I gain it all back, and more. He s thirty and not going to school or working. I told him he had to move out, but he won t leave and I can t kick him out. Anyone stuck in a rut (in relationships/ work/ home/ or within) and wanting to get on with his or her life, might want to read **Stop Your Sh*t Shoveling** by internationally recognized psychiatrist Dr.Carl Hammerschlag, whose work with Native Americans has been summarized in three critically acclaimed books (*The Dancing Healers*, *The Theft of the Spirit*, and *Healing Ceremonies*), which describe his transformational journey from doctor to healer. In this book, Hammerschlag gets up in your face and challenges you to decide to stop your self-destructive habits. In the language of science and story this wise elder makes it clear that it doesn t matter how long you ve been repeating those dysfunctional behaviors, it s always possible to make changes. The keys to change are a burning desire to want to, the belief that you can do it, and learning how to give your brain new instructions. Hammerschlag tells compelling stories...



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