



## The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World

By Arnold Lazarus PhD, Clifford Lazarus PhD

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Provides concise answers for solving mental health problems. Learn the vital elements of a successful marriage; how to deal effectively with anger, depression, stress, anxiety. In plain language, and brief enough to be read in about a minute, each mental health “morsel” helps readers handle a key life issue.

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## **Editorial Review**

### Review

"*The 60--Second Shrink: 101 Strategies For Staying Sane In A Crazy World* offers over mental health "morsels", each designed to help readers handle a key life issue and brief enough to be read in about a minute. The reader will learn the vital elements of a successful marriage; how to deal more effectively with anger, depression, stress, and anxiety; come to recognize how mental well-being is influenced by the response to everyday events, and much, much more. The 60-Second Shrink is written in plain language, every item includes a concise discussion of the psychological implications and offers suggestions for better mental health." --*Midwest Book Review*

"...It is amazing how much information has been so neatly packaged into this slim volume... The Gems of wisdom scattered throughout are such that virtually everyone will find interesting information that can often be put to good personal use..." -- *From the forward by Harold H. Bloomfield, M.D. Author of How to Heal Depression*

"Remarkably good and clear advice on how to handle many of the most common kinds of emotional and behavioral problems. Includes many unusually sensible suggestions for refusing to unduly upset oneself in an often irrational world." -- *Albert Ellis, Ph.D., President Albert Ellis Institute, New York, Author of A Guide to Rational Living*

"an eminently readable distillation of common problems and practical pointers to help you reclaim your life." --*Jeffrey K. Zeig, Ph.D., Director, Milton Erickson Foundation*

### About the Author

**Dr. Arnold Lazarus**, (1932-2013) was a Distinguished Professor Emeritus of Psychology at Rutgers University in New Jersey, and had also served on the faculties of Stanford University, Temple University Medical School, and Yale University. Dr. Lazarus received numerous honors and awards, most notably the Distinguished Service Award from the American Board of Professional Psychology, special awards from the divisions of psychotherapy and clinical psychology of the American Psychological Association, and he was the first recipient of the prestigious Annual Cummings PSYCHE Award. In 1999 he received two Lifetime Achievement Awards, one from the California Psychological Association and the other from the Association for Advancement of Behavior Therapy. He maintained a clinical practice for nearly 40 years and authored or co-authored 18 books and over 350 articles and chapters. His books have been translated into dozens of languages, allowing his influence to be felt and appreciated in numerous ways worldwide.

**Dr. Clifford Lazarus** is a licensed clinical and health psychologist with a practice in psychotherapy and neuropsychological testing. He is the Director of Comprehensive Psychological Services in Princeton, New Jersey. Dr. Lazarus consults widely to corporations and industry on matters of health psychology, stress management, effective communication, and conflict resolution. He was honored by the Prescribing Psychologists' Register "For Outstanding Contributions to the Pioneering Efforts of Training in Psychopharmacology for Psychologists."

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#### **Noah Gardner:**

This The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World is great guide for you because the content which is full of information for you who all always deal with world and also have to make decision every minute. That book reveal it data accurately using great organize word or we can declare no rambling sentences in it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but tough core information with attractive delivering sentences. Having The 60-Second Shrink: 101 Strategies for Staying Sane in a Crazy World in your hand like having the world in your arm, facts in it is not ridiculous one. We can say that no reserve that offer you world in ten or fifteen second right but this publication already do that. So , this really is good reading book. Hi Mr. and Mrs. stressful do you still doubt that will?

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