



# Life is a Brief Opportunity for Joy

*By Will Meyerhofer*

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Meyerhofer's first book, *Life is a Brief Opportunity for Joy*, published in 2010, was intended as an introduction to the experience of psychotherapy. The result is a brief text intended to get you thinking like a therapist. It makes an excellent introduction to anyone curious about psychotherapy, its philosophical and scientific underpinnings - and how the process actually works to "unblock" a person and permit them to experience joy in living.

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## Life is a Brief Opportunity for Joy By Will Meyerhofer Bibliography

- Sales Rank: #1137948 in Books
- Brand: Brand: Mill City Press, Inc.
- Published on: 2011-12-20
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .35" w x 5.51" l, .44 pounds
- Binding: Paperback
- 152 pages

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