



Bright Triumphs From Dark Hours (Latitude 20 Books (Hardcover))

David Heenan

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The dark hours: They occur when we find things spiraling out of control, when we feel most vulnerable and incapable of finding a solution. In a world often turned dark and cold, more and more people seem to be trapped in nightmarish circumstances. Americans, the world's optimists, when faced with an intractable situation, are taught to believe that through hardwork and will power they can "beat the odds." Yet, according to David Heenan, keeping one's nose to the grindstone may actually make things worse.

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