

Kindle eBook Daily Deals

09/30/20

1. How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, Anything! (Psychology, \$1.99)

1. By Albert Ellis.

2. 4.2/5 stars with 237 reviews.

3. All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction, and it can be significantly reduced, using the techniques you'll find in this landmark book.