

The following is a letter written by a reader of *WHY IS THIS HAPPENING TO ME ... AGAIN?!* to his psychiatrist of 35 years:

Dear Dr. L.D.,

Enclosed is a book whose tools I have been using and studying for 2 months. If I had access to its information 35 years ago, it would have enabled me to have shifted and healed my life then.

At age 60, I did not believe it was possible for me to change my basic human condition. As you know, after 35 years of treatment 2-4 times a week, I have been chronically depressed all of my life. My soul has been tortured with the pain of FEAR, self-hate, self-pity, anger, rage, jealousy, isolation, hopelessness, and failure to achieve the love and community of others and myself that I have always craved.

The understanding that my thoughts cause my feelings and that I can change my thoughts is the most important discovery that I have ever made and it is the most rewarding and delightful journey that I ever could imagine. Because of the way this book is written and organized, I have been able to see what I could not see before. I now have the tools, know how they work and have a coherent, organized strategy for implementing them. I am finally able to do my work, the work of cleaning out and healing, piece by piece, the thoughts caused by my 60 years of experiences here on Earth which have imprisoned me and darkened my mind.

This subtle shift in awareness of myself, the world around me, the knowledge of who I am, what I am made of, the human condition, religion and science gives me joy in my heart. I hope you take the time to read this book. Who more than I, a patient of 35 years with whom you have invested your time and have patiently and lovingly tried to help heal, could better give this endorsement to you?

Best Regards and Love,

CTS

Los Angeles, CA