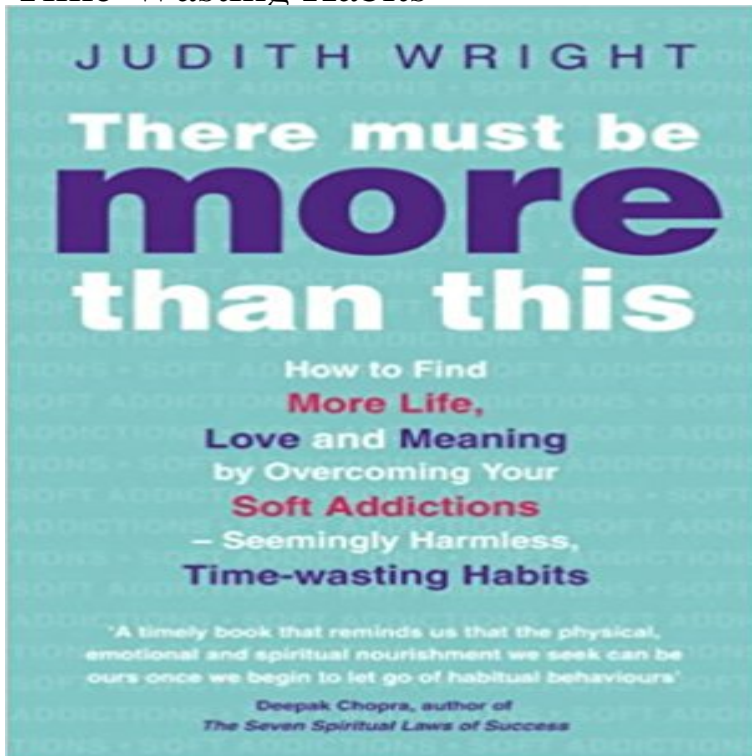


There Must Be More Than This: How to Find More Life, Love and Meaning by Overcoming Your Soft Addictions--Seemingly Harmless, Time-Wasting Habits



We all have an innate desire to lead emotionally fulfilling lives, but too often we are tripped up by our dependence on seemingly harmless habits - shopping, watching television, gossiping, surfing the Net - routines that can insulate us from our thoughts, our feelings, and from other people. These seemingly harmless habits are soft addictions, and they form a powerful net that traps us and prevents us from realizing our dreams. Soft addictions satisfy surface needs but they ignore our deeper needs. They numb feelings and help us avoid anxieties, substituting a superficial high or sense of activity for genuine purpose and fulfilment. In a very real sense, we become hooked on these habitual behaviours. But unlike drugs or alcohol, our soft addictions arrive in the guise of a normal, socially acceptable activity. Judith Wright helps identify the deeper needs behind these addictions and offers a complete, eight-step programme that has been used by hundreds of her students to help them to open up their lives to a greater sense of purpose and happiness.

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