



The "Poor Me" Manual: Perfecting Self Pity-My Own Story

Hunter Lewis

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This book begins with the following author's note:

"One crisp sunny morning I was surprised to find a package left at my front door containing this book in manuscript form. Its author included a note saying that his last name was Lewis, that he had seen a book of mine, and that he had decided to adopt my name as his own. In addition, he expected me to publish his (our) book and that the cover should be "nice." I have tried to do as requested."

What follows this note is a rollicking fictional memoir that takes us through the ups and downs of the mysterious author's life. And what a life it is, full to the brim with every imaginable kind of neurotic behavior.

There is method to this madness. In earlier books, including the best-selling *A Question of Values* and its sequel *The Beguiling Serpent*, Lewis developed a unique theory of the emotions. *The "Poor Me" Manual* further develops the theory and brings it to vivid life.

This is fun reading. You will often laugh out loud. But you will also learn a great deal about the emotions and about which emotional strategies work and which don't.

This book would be a great gift for anybody, but especially the teenager in your life.

Now with linked endnotes and index.

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Sandra Bryson:

Why? Because this The "Poor Me" Manual: Perfecting Self Pity-My Own Story is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will jolt you with the secret the idea inside. Reading this book adjacent to it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking technique. So , still want to postpone having that book? If I have been you I will go to the publication store hurriedly.

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