



## Life is a Brief Opportunity for Joy

By Will Meyerhofer

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### Life is a Brief Opportunity for Joy By Will Meyerhofer

Meyerhofer's first book, *Life is a Brief Opportunity for Joy*, published in 2010, was intended as an introduction to the experience of psychotherapy. The result is a brief text intended to get you thinking like a therapist. It makes an excellent introduction to anyone curious about psychotherapy, its philosophical and scientific underpinnings - and how the process actually works to "unblock" a person and permit them to experience joy in living.

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# **Life is a Brief Opportunity for Joy**

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