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The scriptures tell us that before we came to this world we shouted for joy at the prospect. Now that we're here, it's sometimes tempting to wonder what we were so happy about. In Life Is Easy, I Just Decide It's hard, Dr. Gary G. Taylor outlines principles found in the scriptures that can help smooth out the inevitable challenges we all face in life. He also provides practical advice to those who suffer from what he calls the garden-variety of emotional health issues: excessive worry, unnecessary guilt, anger, blue days, procrastination, perfectionism, and the like.

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