

**The User's Guide To The Human Mind: Why Our Brains  
Make Us Unhappy, Anxious, And Neurotic And What  
We Can Do About It**

**By Shawn T. Smith PsyD**

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<https://www.newharbinger.com/users-guide-human-mind>

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<http://www.imdb.com/title/tt0371993/>

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<http://www.libreriauniversitaria.it/user-guide-to-human-mind/book/9781608820528>

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