

## THE EMOTIONAL CALENDAR SHARP JOHN R %0A

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About the Author: John R. Sharp, M.D., is a psychiatrist and neuropsychiatrist who serves on the medical staff at the Beth Israel Deaconess Medical Center in Boston.

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A leading Harvard psychiatrist reveals how our emotional lives are profoundly shaped by the seasons and how to recognize our own seasonal patterns and milestones. In two decades of psychiatry practice, John R. Sharp has worked with many people who experienced the same emotional distresses at specific

The Emotional Calendar | John R. Sharp | Macmillan

The Emotional Calendar: Understanding Seasonal Influences and Milestones to Become Happier, More Fulfilled, and in Control of Your Life. John R. Sharp, M.D. St. Martin's Griffin

The producers news., October 11, 1918, Image 1

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The Emotional Calendar: Understanding Seasonal Influences ...

The Emotional Calendar: Understanding Seasonal Influences and Milestones to Become Happier, More Fulfilled, and in Control of Your Life [John R. Sharp] on Amazon.com. \*FREE\* shipping on qualifying offers. A leading Harvard psychiatrist reveals how our emotional lives are profoundly shaped by the seasons

Your Emotional Calendar - livingwelldcounseling.ca

Recently, I came across an interesting book called the The Emotional Calendar written by a Harvard psychiatrist named Dr. John R. Sharp. One of the main points he makes is that we all have a personal emotional calendar—that is, in a sense, superimposed over the paper calendar. Our emotional calendar contains emotional hotspots—accumulated memories over the years that are capable of producing intense

**The Emotional Calendar: Understanding Seasonal Influences ...**

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**The Emotional Calendar: Understanding Seasonal Influences ...**

In *The Emotional Calendar*, Sharp reveals how environmental, psychological, and cultural forces profoundly affect the way we feel, and how the enduring effects of personal anniversaries can influence our moods and behavior year after year.

**The Emotional Calendar Audiobook, written by John R. Sharp ...**

In two decades of psychiatry practice, John R. Sharp has worked with many people who experienced the same emotional distresses at specific times of the year: a young woman who became depressed before Thanksgiving, a middle-aged man who felt anxious about making his summer travel plans, people who made uncharacteristically extreme decisions as