



# Seven Times Down, Eight Times Up: Landing On Your Feet In An Upside Down World

*Dr. Alan Gettis*

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*Dr. Alan Gettis*

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The book instructs, inspires, and points the way with regard to living a psychologically healthy and spiritually fulfilled life. It contains about one hundred short stories. Read one or two before going to sleep and click off the light feeling more hopeful and more peace of mind.

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