



Our Secret Rules

Jordan Weiss

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We all live according to rules that regulate our behaviors. Some rules—ones we are conscious of— are clear. Others, however, are unconscious, and when we do things that go against them, we experience stress, anxiety, apprehension, and emotional exhaustion—and we never know why. This book offers a unique system that helps uncover our most secret rules. Once we are aware of them, we can then learn to live within their boundaries, or we can attempt to change them.

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