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Therapy: The Profane Way to Profound Happiness ” at my local bookshop I thought it was the usual “help-yourself-useless-bulls**t-type-of-book, but then after a few months, a friend who read it said it was great and hilarious and I also decided to give it a go. The book is written by John C. Parkin who had a “top job in London” before saying “F**K ...

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