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# The New Rulebook

Notes from a  
psychologist to  
help redefine the  
way you live

**Chris Cheers**

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Osher Günsberg

'A practical and kind resource'  
Carly Findlay OAM

'A new way of being'  
Dr Abona Guha

# The New Rulebook

**Dr Chris Cheers**



## **The New Rulebook:**

## Unveiling the Energy of Verbal Art: An Psychological Sojourn through **The New Rulebook**

In a world inundated with displays and the cacophony of quick conversation, the profound energy and psychological resonance of verbal beauty often diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, nestled within the lyrical pages of **The New Rulebook**, a captivating work of literary brilliance that pulses with raw thoughts, lies an memorable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus books visitors on a psychological odyssey, delicately exposing the latent possible and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central themes, dissect its captivating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<http://www.frostbox.com/results/publication/HomePages/supplce%20colorado%20prize%20for%20poetry.pdf>

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