



# We Are Driven: The Compulsive Behaviors America Applauds

*Robert Hemfelt, Frank Minirth, Paul Meier*

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"We live in a culture that is constantly chasing the false gods of materialism and achievement," say Doctors Robert Hemfelt, Frank Minirth, and Paul Meier. "It's no surprise that many people are facing depression, chronic fatigue syndrome, and burnout." We are unconsciously trying to: \*\*suspend time--"If I can cram more into an hour, I'm stretching that hour." \*\*be invincible--"If I just jog enough, I won't age. My body will stay as it is." \*\*achieve immortality--"If I work hard enough or build a building or business with my name on it, I will live on after I die." "Our everyday compulsions give us the false illusion that they can answer these needs," say the doctors, "but they cannot." WE ARE DRIVEN shows you how to identify these needs and stop the compulsive drive to fill them. In this book, the doctors suggest 10 touchstones for living a balanced life. A life in which these compulsions become positive attributes worth of America's applause.

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