



## Lost and Found

*Arthur Caliendo, Barry Lenson*

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# Lost and Found

*Arthur Caliandro, Barry Lenson*

**Lost and Found** Arthur Caliandro, Barry Lenson

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In an era where technology and social reforms have given us more freedom than ever before, many still struggle with feelings of isolation and fear. With *Lost and Found*, the beloved and highly respected Dr. Arthur Caliandro offers us comfort during these difficult times by giving us ways to tap into our limitless personal resources. His simple, unique, and profound insights teach us how to:

- Embrace struggle
- Understand the difference between good and bad anger
- Get past regret and self-pity
- Discover our right place in the world
- Take concrete action to overcome worry
- Gain strength from personal symbols
- Dust off our dreams and realize the best is about to happen

*Lost and Found* gives practical strategies for lifting our lives to new levels of happiness, freedom, and personal growth.

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