

# ***Mental Health In A Minute***

***One-Hundred and One, One Minute Lessons  
To Improve Your Life***



**Dr. Stanley Goldstein**

**Author of**

***Troubled Children/Troubled Parents: The Way Out***

**and**

***Shopping For A Shrink***

***Wyston Books, Inc.***

**Also by Stanley Goldstein**

**Nonfiction**

*Troubled Children/Troubled Parents: The Way Out*  
*2<sup>nd</sup> Edition*

*Shopping For A Shrink:*  
*Finding The Right Psychotherapist*  
*For You Or Your Child*

**Fiction**

*Ghosts And Angels:*  
*How, During An Epoch Of Terror,*  
*Goodness Vanquished Evil And Restored Faith*

*Park West: A Novel Of Love And Murder And Redemption*

*Lies In Progress*

**Dr. Stanley Goldstein**

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## Introduction

A disappointment of modern psychology has been its failure to publicize important research findings though their wider awareness could relieve stress, improve family communication, and increase work effectiveness.

This was my goal in writing this book. Though being similar in format to my other self-help books, *Troubled Children/Troubled Parents*, and *Shopping For A Shrink*, those books contain longer pieces on far fewer topics. Here, the pieces are much shorter, with each being readable in a minute. But they provide more varied information, as indicated by several of their titles: “Those Frightening Autism Rates”; “The Troubled Adolescent's Difficulty With Time”; “Breaking The Golden Rule Of Public Speaking”; “Mothers Who Kill”; “The Powerful Dracula Fable.”

Few activities are more valuable than reading a book which changes one's life. I hope you will find that this book accomplishes that goal.

I thank my brother, Leonard, for his helpful suggestions.

Comments are, as always, welcome.

Stanley Goldstein, Ph.D.  
Hudson Valley, New York  
September, 2011

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