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About the Author

Daniel H. Johnston, Ph.D. is a clinical psychologist and former Director of Psychological Services at the Medical Center of Central Georgia in Macon, Georgia. He currently serves on the faculty of the Mercer University School of Medicine.



Over the past twenty-five years Dr. Johnston has taught self-help skills to thousands of people in settings ranging from hospitals and clinics to community groups and churches. He is a frequent guest on local television and has his own weekly show on 13WMAZ in Macon, Georgia.

Dr. Johnston has developed the popular Awakenings Web site (www.lessonsforliving.com) and offers information on psychological health to tens of thousands of worldwide visitors each year. He is a columnist for the Macon Telegraph newspaper and has written many articles for online magazines and newsletters.

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