

Overwhelmed: Coping With Life's Ups And Downs - Nancy K. Schlossberg

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Overwhelmed presents a step-by-step approach to turning overwhelming transitions into challenging experiences. By systemically sizing up transitions and one's resources for dealing with them, people can learn how to build on their strengths, cut their losses, and even grow in the process. Author: Schlossberg, Nancy K. Publisher: M. Evans & Company Illustration: N Language: ENG Title: Overwhelmed: Coping with Life's Ups and Downs Pages: 00216 (Encrypted EPUB) / 00216 (Encrypted PDF) On Sale: 2012-08-30 SKU-13/ISBN: 9780739100318 Category: Self-Help : Personal Growth - General Category: Self-Help : Depression Category: Family & Relationships : Conflict Resolution

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