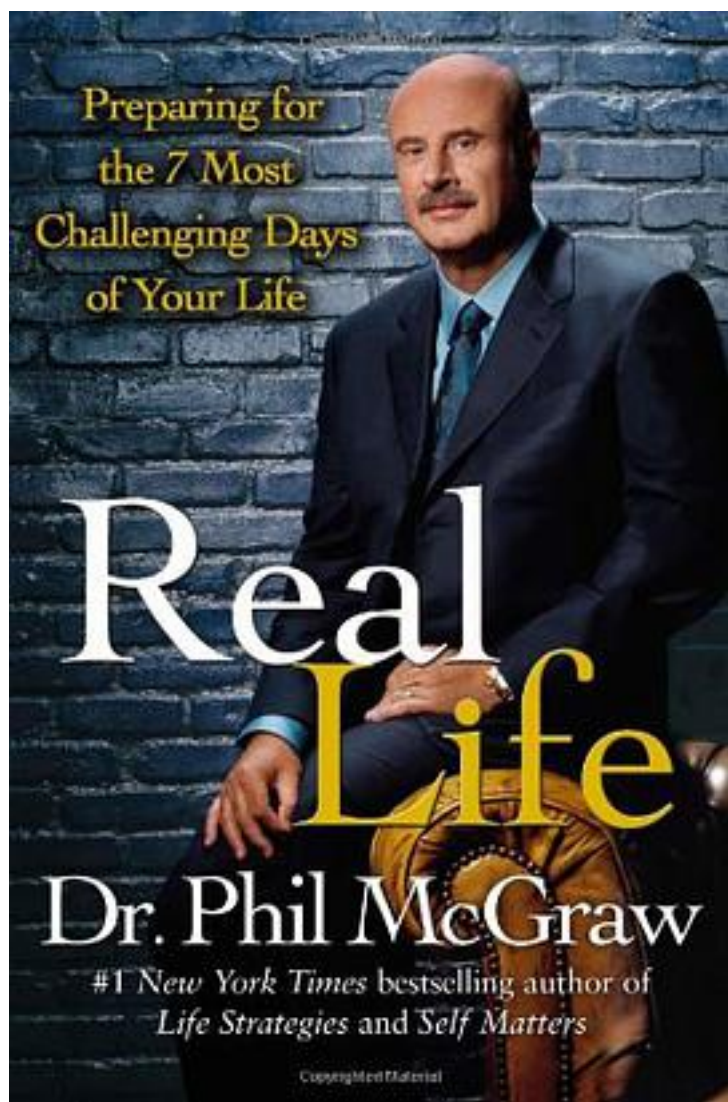


Real Life



[Real Life_ 下载链接1](#)

著者:Dr. Phil McGraw

出版者:Free Press

出版时间:2008

装帧:Hardcover

isbn:9780743264952

In Real Life: Preparing for the 7 Most Challenging Days of Your Life, bestselling author and talk show host Dr. Phil McGraw is here to help you prepare to confront what he believes are the seven most common critical days that you or a loved one are likely to face. This book helps make it possible for you to be there for yourself or to be the calm in the middle of the storm for someone you love when any of these difficult days arrive.

Loss -- the day that you or someone you love has their heart shattered by death, divorce, or losing something of great value.

Fear -- the day that you realize you have lived your life as a sellout and that every choice you have made up until this point was dictated by other people's expectations, not based on your own goals and desires.

Adaptability Breakdown -- the day that the pressures of balancing your responsibilities and needs, along with life's demands, have become way too overwhelming, and you realize that you are in way over your head.

Physical Health -- the day that your body or that of someone you love breaks down because of illness, trauma, or disease.

Mental Health -- the day that the mind breaks down and betrays you or someone you love.

Addiction -- the day that addiction takes over, and you or your loved one look a powerful destroyer in the face and realize that you are not in control.

Existential Crisis -- the day that you or someone you love lose the purpose, compass, and connection to meaning in life and have no answer to the question "Why?"

作者介绍:

目录:

[Real Life_ 下载链接1](#)

标签

励志

翻译

好

书

life,

courage

评论

[Real Life_下载链接1](#)

书评

[Real Life_下载链接1](#)