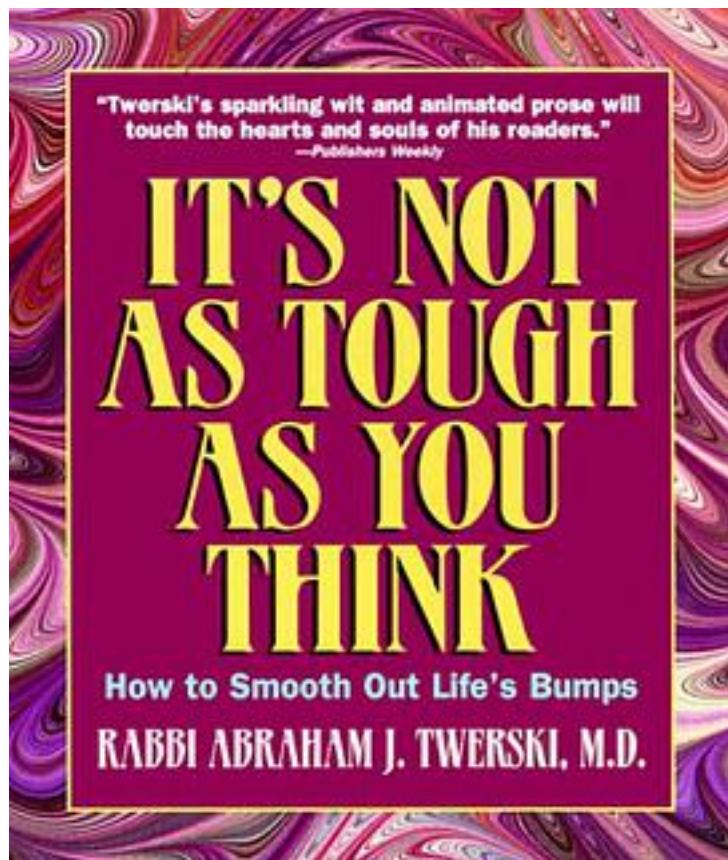


# It's Not as Tough as You Think



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著者:Twerski, Abraham J.

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[This book shows us that] life can be much easier if we cut its problems down to bite size. [The author, a] rabbi [and] a psychiatrist, shares with us some of the invaluable insights he has gained through his extensive experience.... There are many stresses in daily living, but we can take distress out of stress. We can modify our attitudes, use coping techniques, and reach out for help. Even big challenges can be dealt with

effectively. [The author] shows how we can put a different spin on things, so that we can be more productive and happier. Here are just a few of the many ideas you'll find in this book: there's magic in a smile; stress can be beneficial; some mountains melt into molehills; lack of success is not equivalent to failure; you're more okay than not.... In this book, [the author] points out some of the things we can do. His simple, down-to-earth ideas are refreshing in a world of complexities. -Back cover.

作者介绍:

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