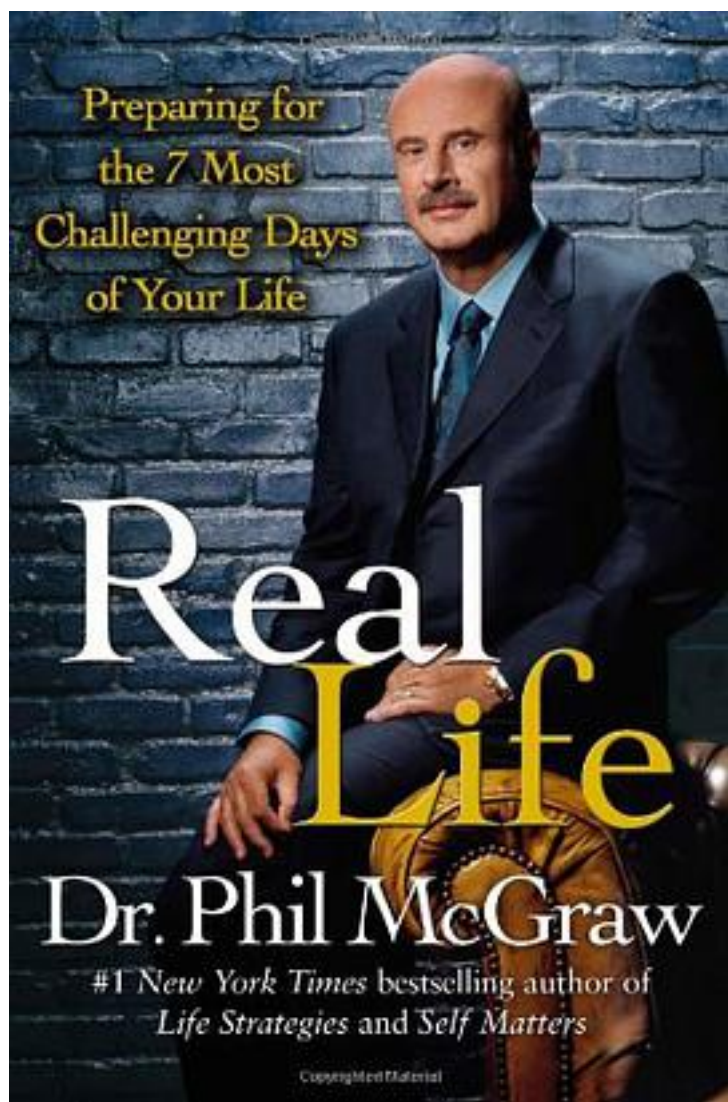


Real Life



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著者:Dr. Phil McGraw

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From Dr. Phil, the No.1 New York Times bestselling author of Life Strategies and many others, comes a plan for coping when life throws a curveball. It's one thing to know how to manage the day to day turbulence, but another thing all together when you are faced with a potentially devastating crisis. In Real Life, Dr. Phil explores how to take control in the face of these life-altering events. With his trademark calm, he divides up these events into 7 categories: Loss; Fear; Adaptability (or lack thereof); Physical Health; Mental Health; Addiction;Existential Crisis. Any one of these can feel like the end of the world, but Real Life teaches how untrue that is. Chapter by chapter, Dr. Phil addresses each crisis and offers real guidance for how to get through it. He identifies the different problems that can arise during these trying times -- plans have to change, emotions run high, indecision can strike during a time sensitive problem -- and shows how to navigate each of those issues and more. Real Life teaches how to be prepared for those extreme moments, but it takes you through the process of what to do if you are caught with your guard down.The lessons in this book are difference between coping and mastering a problem, even on the worst day of your life.

作者介绍:

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