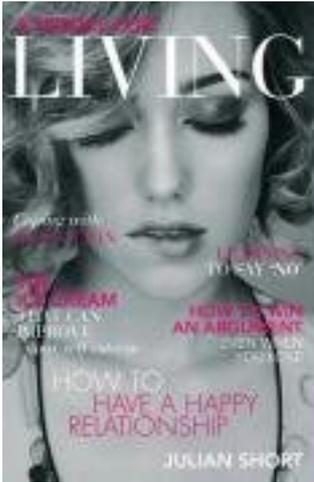


A Model for Living



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出版者:

出版时间:2009-1

装帧:

isbn:9781906321826

A practical guide to modern life and relationships as endorsed by the Premier and Storm model agencies. A Model for Living is a practical guide to modern life and relationships. Julian Short draws upon over 30 years' experience as a psychiatrist to offer hints, tips and guidelines for coping with many of the problems we face every day. In a simple, no-nonsense style he shows you how to: COPE WITH REJECTION. How to deal with being dumped or being turned down for a job. IMPROVE SELF-ESTEEM. Learn to feel better about yourself and gain the admiration of others. WIN EVERY ARGUMENT - EVEN WHEN YOU LOSE. A simple strategy for making sure you walk away from any dispute feeling great. DEAL WITH FAMILY RELATIONSHIPS. Whether you are a parent, husband, wife or child. A Model for Living has advice and tips that really help, and they are all easy to introduce into your daily life. The international model agencies Premier and Storm both use A Model for Living when advising new models and their families. The book's tips for handling rejection and improving self-esteem have proved to be the perfect foundation for young men and women embarking on a career in the demanding world of fashion.

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