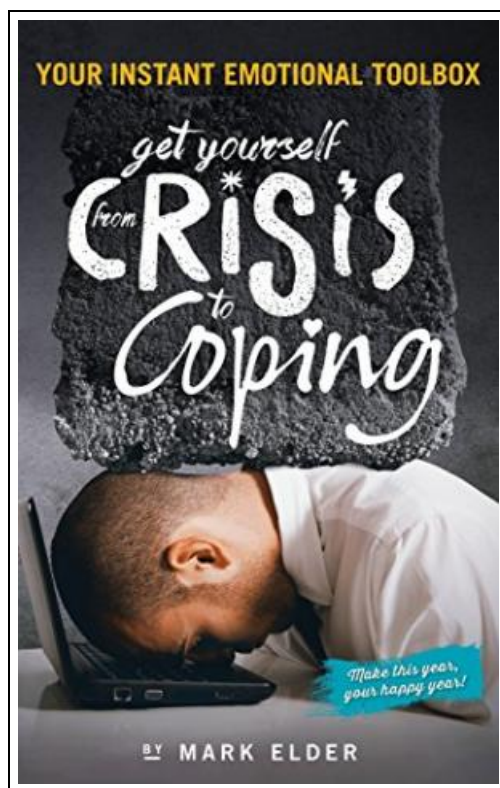


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Reviews

It is one of my personal favorite books. This is certainly for anyone who states there has not been a worth studying. I found out this ebook from my i and dad advised this pdf to learn.
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Mark Elder, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Even counselors get the blues. So, what do they do to cope? Over 40 of people admit to living in a state of constant stress. We are bombarded constantly with doubts and regrets. Feelings of inadequacy, disillusionment, grief, uncertainty, loneliness, isolation, shyness pile on top of each other leaving us feeling well, more than a little freaked out. For most of us there is a nagging something that hums in the background of our subconscious - a little voice that says, maybe I m not good enough or not worthy of love, success, happiness. We are limitless in our ability to self sabotage. Every now and then the noise increases and we end up in a state of crisis. Anxiety, panic attacks, crippling depression, aching loneliness, existential doubt. We are hit with a tsunami of feelings that knocks us off our feet. When we are in the middle of this storm it can be hard to find a way out. Using the insights of a crisis telephone counselor, this book shows how people can turn the emotional volume down. Using diverse techniques such as breathing techniques, mindfulness, grounding, paraphrasing and self-parenting we can bring ourselves back from the brink. Knowing that things change can give us the strength to ride out the storm.



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