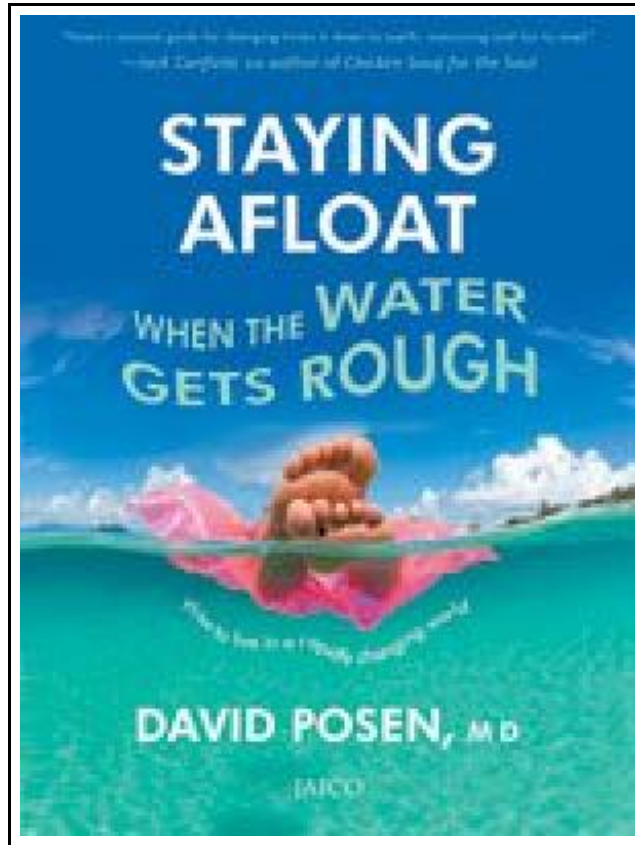


Staying Afloat When the Water Gets Rough



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Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

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Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. The news keeps getting worse: the economy, climate change, global conflict. Not a day goes by that we are not faced with another grim prediction; another indication that the way we live our lives is undergoing a fundamental change. And while change can indeed be good, it can also be stressful and worrisome. In *Staying Afloat When the Water Gets Rough*, Dr. Posen asks, What can be done to increase our comfort with the daily changes in our outside environment? With compassion, understanding and humour, he explains the ingredients for change-hardiness illustrating his message with stories from his own experience as well as from that of his patients and friends. Printed Pages: 232.



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