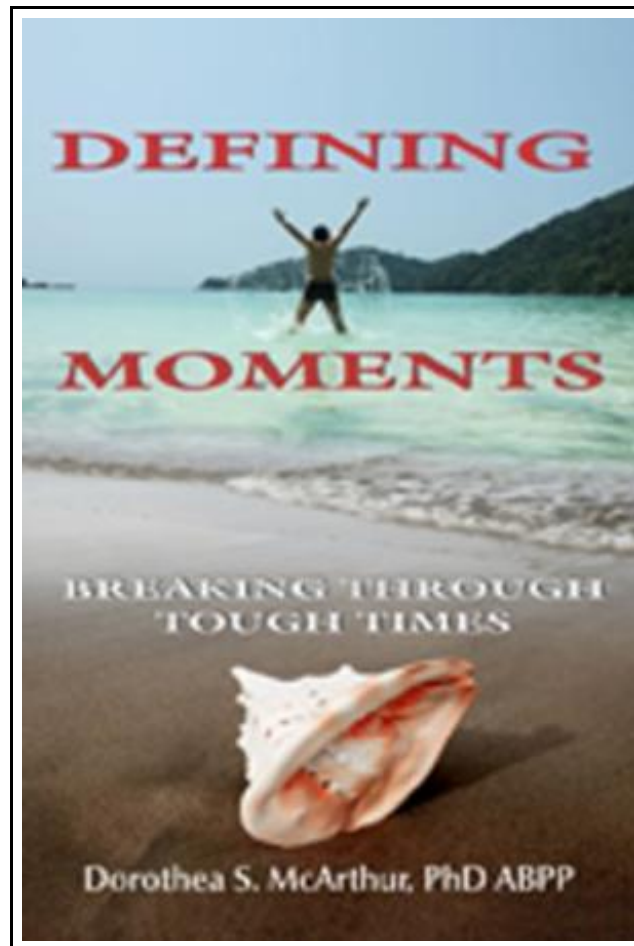


Defining Moments: Breaking Through Tough Times



Filesize: 6.91 MB

Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

DEFINING MOMENTS: BREAKING THROUGH TOUGH TIMES



Cove Press U.S. Paperback. Book Condition: new. BRAND NEW, Defining Moments: Breaking Through Tough Times, Dorothea S. McArthur, Dr McArthur a Diplomate Clinical Psychologist with 34 years in private practice, and three-time author with five star reviews, helps readers recover from lifes inevitable "knockdowns" such as natural disaster, financial crises, illness, or loss of a loved one. The reader can accompany this deeply caring therapist, through counselling dialogues, walks in nature and her inner thoughts as she describes 66 defining moments to help readers live life deeply and fully. Examples and solutions are provided about taking care on oneself, relating to others, and parenting children. Dr McArthur emphasises integrity, honesty and ethical behaviour as a means of building depth-of-character, self-esteem and inner richness for "making a difference" with a successful life. This author also presents effective ways to examine unresolved childhood issues that may be causing anger, anxiety, or depression by looking at each persons unique life story to discover childhood survival skills needed to handle childhood adversity. These skills are then altered to successfully accommodate both present and future goals. Dr McArthur demonstrates ways in which time in nature and with pets can be a wise guide, leading the reader to kind, natural solutions for depression, insomnia, and loneliness. There are also special sections about being an impacting creative artist in a struggling world. Finally there are some simple effective ways each one of us can all contribute to reducing destructive aggression by replacing it with kindness and hope.



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