



## Overwhelmed: Coping with Lifes Ups and Downs

By Nancy Schlossberg

M. Evans and Company. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 5.8in. x 0.7in. Overwhelmed helps people make sense out of the transitions they face in every day life. This book is based on years of research studies of people moving, adults returning to school, people whose jobs were eliminated, retirement, non-events like not having a baby, not getting promoted. These studies resulted in the development of a generic framework for understanding any type of transition. Based on this research, Overwhelmed presents a step-by-step approach to turning overwhelming transitions into challenging experiences. By systemically sizing up transitions and ones resources for dealing with them, people can learn how to build on their strengths, cut their losses, and even grow in the process. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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