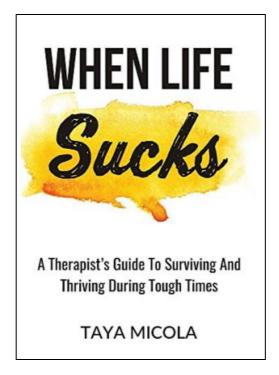
When Life Sucks: A Therapist s Guide to Surviving and Thriving During Tough Times (Paperback)



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

(Blanca Davis)

WHEN LIFE SUCKS: A THERAPIST S GUIDE TO SURVIVING AND THRIVING DURING TOUGH TIMES (PAPERBACK)



Taya Micola, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Normally we just think about getting through the tough times. not thriving as well. I started reading and I was hooked from the first page. The author truly makes you feel like she is sitting right next to you, providing you with the tools to empower yourself to essentially turn your life around during a sucky time (no matter how big or small). - Michelle Hayes. Has life thrown you some tough times that are making your life suck? Has there been a difficult situation in your past that you re still trying to recover from? Are you wanting to overcome all the no-good-bad-stuff that s happening in your life and claim your happily ever after? In this insightful and easy to read book, Taya Micola shares how subtle differences in the way you process difficult circumstances can determine how well you heal and how much it will affect you down the road. The Author draws on her experience as a clinical hypnotherapist and ten years worth of working with clients in trauma to help you not only survive your tough times - but thrive despite it all. The book is aimed at anyone who is living a life they are not happy with, but feels powerless to change. The book will help you: -Begin to believe in yourself and your natural born ability to conquer -Learn techniques to heal and release powerfully and for good. -Avoid the pitfalls that lead to emotional baggage. -Build a bridge to overcoming the past and events that have hurt you. -Identify any patterns to your problems. -Quickly create things to look forward to in your day. -Access your deeper inner mind to make better decisions and...



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