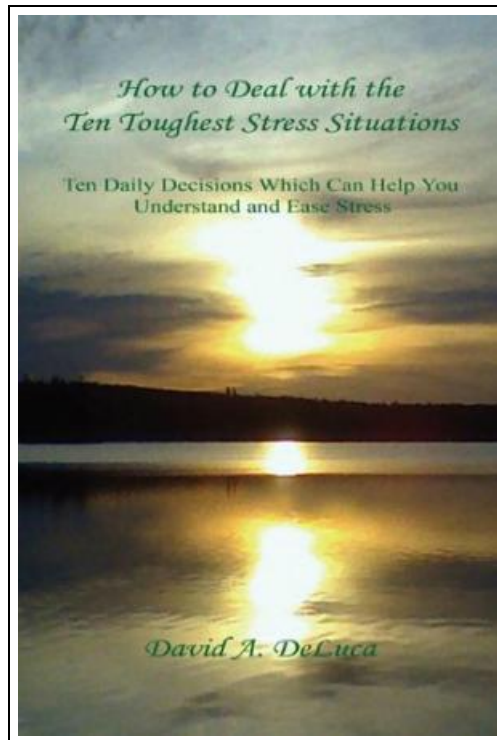


## How to Deal with the Ten Toughest Stress Situations - Ten Daily Decisions Which Can Help You Understand and Ease Stress (Paperback)



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E-Booktime, LLC, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Let me see if I can guess where you are. You are probably curious what those ten most stressful situations might be. Maybe you've faced some tough decisions based on a sagging economy. Maybe you've been involved in an unwelcome divorce and are trying to cope with it. It's possible that you are dealing with the loss of a loved one, a physical injury or just the general uncertainty of life. In any case you picked up this book for some help dealing with stress. So let me share with you a couple premises upon which this book is based. First of all, I make the assumption that not everyone can change his or her circumstances, nor that that may even be advisable. Secondly, I make the assumption that in many cases people are dealing with one or more types of these stresses at the same time. The book is meant to help ease those frustrations. With this as an introduction, counselor and pastor-teacher Dave DeLuca moves on to help us look at ten common situations which need to be dealt with. We look at the similarity of the tactics which were employed, and from it draw principles that we can relate to the questions each of us face in our everyday lives. Perhaps more importantly we'll look at those that we are going to face in the future. He deals with everything from how to handle ridicule to how to hear falsehoods about you and keep your cool to how to keep going though you'd rather quit. He looks at the various role models we have, and used to have, and helps us identify practical ways of...

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