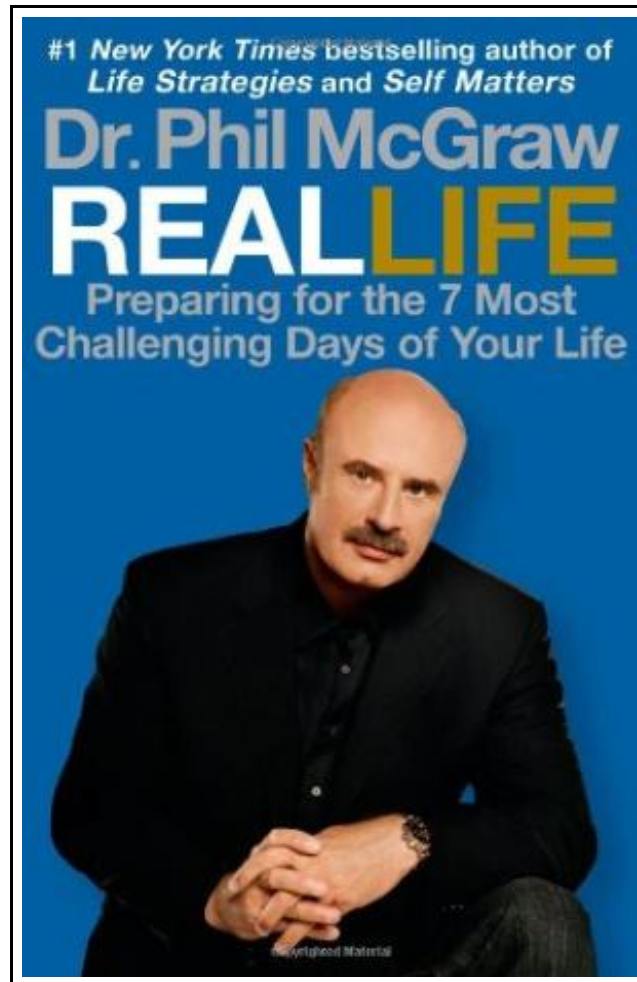


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REAL LIFE: PREPARING FOR THE 7 MOST CHALLENGING DAYS OF YOUR LIFE



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Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, Real Life: Preparing for the 7 Most Challenging Days of Your Life, Phillip C McGraw, What if you could see around the corners of your life? Wouldn't it help to know what the most challenging days of your life would be like BEFORE they hit? There are certain days in life that stand out because they are among the toughest that you or someone you love will experience. Your quality of life and your experience on the journey through this world are a function of how you handle these days when they arrive. Will you be ready? Will you be strong? Will you survive and be better for it, or will you cave? In "Real Life: Preparing for the 7 Most Challenging Days of Your Life," bestselling author and talk show host Dr. Phil McGraw is here to help you prepare to confront what he believes are the seven most common critical days that you or a loved one are likely to face. This book helps make it possible for you to be there for yourself or to be the calm in the middle of the storm for someone you love when any of these difficult days arrive. Loss -- the day that you or someone you love has their heart shattered by death, divorce, or losing something of great value. Fear -- the day that you realize you have lived your life as a sellout and that every choice you have made up until this point was dictated by other people's expectations, not based on your own goals and desires. Adaptability Breakdown -- the day that the pressures of balancing your responsibilities and needs, along with life's demands, have become way too overwhelming, and you realize that you are in...



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