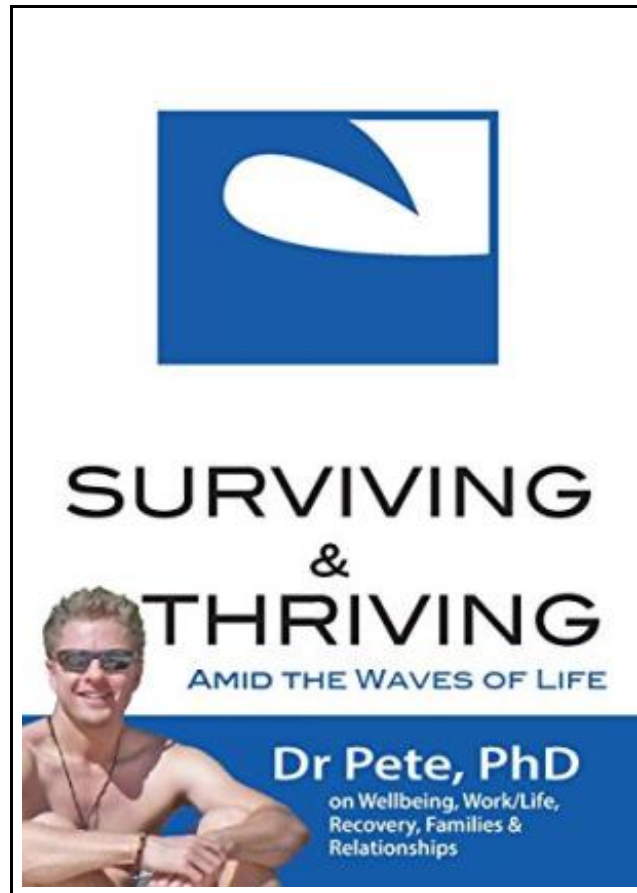


## Surviving and Thriving Amid the Waves of Life (Paperback)



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Stress Surfer Pty Ltd, United States, 2013. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Waves of Life come in all shapes and sizes. Whether it s the Regular Waves of daily hassles, the Big Waves of major change or the Tsunamis of major life events-the Waves of Life just keep rolling in. Whether we can successfully ride the Waves of Life or end up in a huge Wipeout of stress depends on our ability to manage the 4 Elements of our Inner Wellbeing and apply these skills in a variety of situations and circumstances. About the Book In Surviving Thriving Amid the Waves of Life, Dr Pete teaches us how we can quickly grasp the essential survival skills needed not only to survive, but also to thrive when faced with a range of different Waves of Life. Key topics include: --Personal Wellbeing-The foundations of wellbeing, developing key skills and strategies to manage challenging situations, life strategy to live your dreams, managing conflict and learning the art of forgiveness. --Work/Life-Surviving workplace politics, horrible bosses and workplace change, managing personal finances, coping with legal issues, health and fitness, holidays and retirement. --Recovery Disorders-Measuring the Waves of Life, Stress Wipeouts and Self Awareness, Illness Injuries, Grief and Loss, Anger, Anxiety and Depression. --Family and Relationships - Successful Relationships, the Secrets of Happy Families, the challenges of Separation, and Effective Parenting to raise confident and happy children. Dr Pete, PhD, is a leading psychologist, life coach and facilitator. He has a Masters in Clinical Psychology and a PhD in chronic stress and Cognitive Behavioral Therapy. Dr Pete is a wannabe soul surfer who is passionate about life and living. In his search for the perfect wave, he discovered that surfing is a...



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