



Balance: A Practical Handbook for Life's Difficult Moments

Suzie Doscher

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Balance – A Practical Handbook for Life's Difficult Moments contains useful and realistic steps to take when you find yourself in challenging situations. Regard the book as a chance for self-coaching when you do not have the time, inclination, finances or interest in working with a professional. Balance addresses the immediate moments in which you wish you had someone to talk to who would give you some support. This book is also about change. It is above all a hands-on approach to developing the personal skills that enable you to bring about change. It is comprised of clear, uncluttered guidance for dealing with issues which you may be confronted with in everyday life. If you are ready to offer yourself a better quality of life, this book is for you. No need to read Balance cover to cover, instead focus on the topic you are struggling with at the time. You will learn:

- How to 'Let go of thoughts from the past'.
- How to acquire steps to support living in the 'Now'.
- Be reminded of how to listen to that gut feeling known as your 'intuition'.
- How to recognize your choices in difficult moments.
- Life Skills - such as 'How to deal with Energy Vampires', or
- 'How to respond to a verbal attack'.
- More about what your 'Personal Power' is.
- To say 'no' when something is not right for you.
- And many more.

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