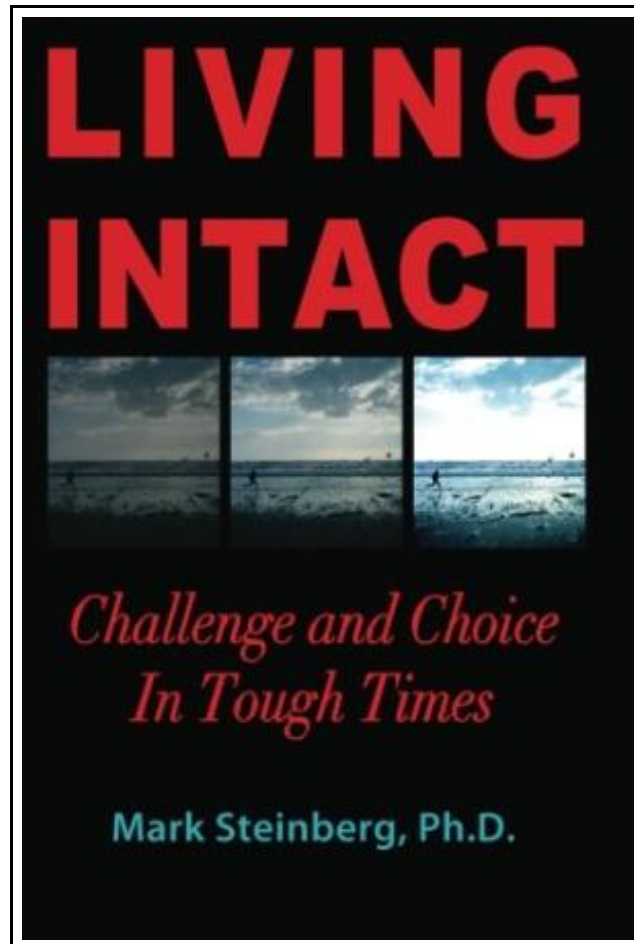


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LIVING INTACT: CHALLENGE AND CHOICE IN TOUGH TIMES (PAPERBACK)



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Createspace, United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Living Intact offers practical tools and insights for dealing with life's frustrations, disappointments, inequities, and mysteries. In these pages, you will discover a blend of traditional psychological science, cutting-edge neurological technology, conventional strategies, and scripturally-based wisdom. This book will show you how to: - Apply the five secrets of living intact - Get rid of anxiety, depression, and any negative emotion in minutes - Eliminate cravings - Take charge of stubborn habits - Understand what the Bible teaches about handling adversity and difficult people - Modify the behavior of others - Maximize your brain efficiency - Improve your relationships and productivity - Deal with difficult, stubborn, and angry people - Overcome disappointment, criticism, and frustration - Draw on biblical principles for acquiring wisdom - Develop increased compassion and empathy - Differentiate intelligence from wisdom - Attune yourself to what God says about suffering and affliction - Turn challenges and obstacles into opportunities and success - Leave the past behind - Deal with desire - Develop emotional control - Handle conflict The tools embedded in the living intact program have consistently yielded tangible solutions that energize and soothe the human spirit and allow for the transcendence of debilitating feelings of brokenness that can derail and paralyze the soul. Living Intact encompasses a compendium of down-to-earth strategies for living a more satisfying, meaningful life. It is the only self-help book that is enhanced by a series of internet-based self-assessment tools that allow readers to measure their own skills, strengths, and vulnerabilities. Acclaim: Many books offer strategies and tactics for sorting out one's life, but I firmly believe that Living Intact is special because of its breadth of...



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