

Mental Health Tips (Paperback)



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Reviews

*This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).
(Prof. Mark Ratke Jr.)*

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Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mental Health Tips is a book full of tools and strategies to help you improve your life. Using healthy coping tools can mean the difference between a stressful drama-filled life and a life of joy and gratitude. When our mental health is off balance other areas of our life can also become off balance without us even realizing it. This book will give you tools to: -Decrease stress and anger -Stop emotional eating -Stop emotional spending -Stop self-destructive behavior patterns - Change your negative thinking patterns -Understand grief and loss -Improve your communication -Understand and regulate your emotions -Have healthier relationships with yourself and others -Get in charge of your life Mental Health Tips is a fast paced book full of tools to improve your life. The stories are personal stories from Kelly about overcoming her own battle after her son passed away from a fatal car accident as well as stories of other people that use these tips to overcome their struggles. When your mental health improves your overall life will improve.



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