



Living Intact: Challenge and Choice in Tough Times

By Mark Steinberg Ph D

Createspace, United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Living Intact is 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...

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Reviews

Extensive guide! It's such an excellent read. This can be for anyone who states that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- **Melvin Hettinger**

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book I have got through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Easton Collier DVM**