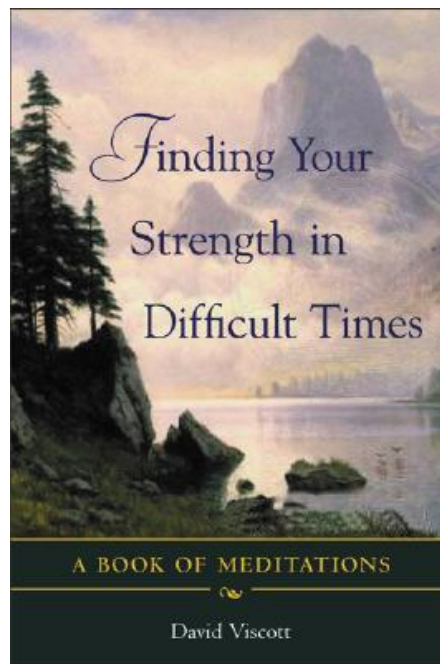




Finding Your Strength in Difficult Times

David Viscott

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Finding Your Strength in Difficult Times

David Viscott

Finding Your Strength in Difficult Times David Viscott

In this recognized classic in the field, a world-renowned psychiatrist and bestselling author shares simple meditations for healing through self-discovery, relating genuinely to others, and following one's dreams. His thoughtful advice clears the path for finding recovery and peace.

Newly packaged in a convenient, portable format, *Finding Your Strength in Difficult Times* can provide comfort anywhere at any time. Users can bring it along in a bag or backpack and dip into it throughout the day to find inspiration and motivation, for problems both large and seemingly small. Includes meditations for anger, loneliness, jealousy, and more.

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From Reader Review Finding Your Strength in Difficult Times for online ebook

Ibrahim Abdulla says

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Aya Hegazi says

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Mai says

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Norah says

This kind of book is particularly what I love to call "an all time book " where it could be read many times and could never be bored of.

Reem says

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Ruba AlTurki says

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Rafef says

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doc yasmeena says

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