



La Vida Real: Como Prepararte para los Siete Dias mas Dificiles de Tu Vida (Spanish Edition)

Dr. Phil McGraw

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Dr. Phil McGraw, author of numerous best-sellers helps readers prepare for what he believes are the seven most common critical days that you or a loved one are likely to face: the loss of a loved one, the fear of dictating your own life choices, problems adapting to life's demands, physical health issues, mental health issues, addictions, and the existential crisis. This book helps make it possible for you to be there for yourself or to be the calm in the middle of the storm for someone you love when any of these difficult days arrive. It also provides wisdom and resources that will guide you toward a solution that is right for you, showing you how to minimize disruption and maximize the recovery.



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