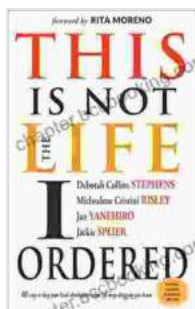


60 Ways to Keep Your Head Above Water When Life Keeps Dragging You Down



This Is Not the Life I Ordered: 60 Ways to Keep Your Head Above Water When Life Keeps Dragging You

Down by Michealene Cristini Risley

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1566 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages
Lending	: Enabled



Life can be tough. Sometimes it feels like we're constantly being dragged down by the weight of our problems. It can be hard to keep our heads above water, but it's important to remember that we're not alone.

This book offers 60 practical and inspiring ways to cope with life's challenges and keep your head above water. Whether you're struggling with stress, anxiety, depression, or just the everyday challenges of life, this book has something for you.

Here are just a few of the things you'll learn in this book:

- How to identify and challenge negative thoughts

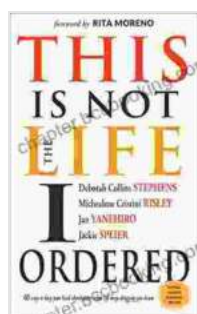
- How to develop coping mechanisms for stress and anxiety
- How to build resilience and bounce back from setbacks
- How to find support from others
- How to take care of your mental health

This book is not a magic bullet, but it can help you to develop the skills and strategies you need to cope with life's challenges and keep your head above water.

If you're struggling, please know that you're not alone. This book can help you to find the strength and resilience you need to overcome your challenges and live a happy and fulfilling life.

Free Download your copy today!

Free Download now



This Is Not the Life I Ordered: 60 Ways to Keep Your Head Above Water When Life Keeps Dragging You

Down by Michealene Cristini Risley

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1566 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK





Uncover the Thrilling Mystery in "It Ain't Over, Cole Srexx"

Prepare yourself for a literary journey that will leave you breathless and yearning for more! "It Ain't Over, Cole Srexx" is a gripping mystery...



How to Stay True to Yourself and Stand Out From the Crowd

In a world that constantly bombards us with messages telling us who we should be and what we should do, it can be difficult to stay true to ourselves....