# Finding Your Strength in Difficult Times: A Book of Meditations

### By David Viscott

Tata McGraw-Hill Education Pvt. Ltd., 2004. Softcover. Condition: New. First edition. I do not try to be accepted. I do not search for love. I want only to be me and am grateful for the gift of myself. The road of life is seldom a smooth one--it`s dotted with potholes, treacherous turns, speed bumps, and numerous detours. While it`s easy to lose your way traveling along such a road, you need not despair. This comforting, portable book will help you find your inner strength. The many mediations and affirmations collected in Finding Your Strength in Difficult Times will help you recognize and nurture your innate strengths and gifts. These practical insights and sensitive reflections will be welcome guideposts as you make you way through difficult times. Table of contents Chapter 1. Introduction Chapter 2. Being Happy Chapter 3. Be Your Own Person Chapter 4. Peace of Mind Chapter 5. Accept Yourself Chapter 6. What Other People Think Chapter 7. Please Yourself Chapter 8. Be a Little Selfish Chapter 9. Don`t Wait for Love Chapter 10. Recognize When You Are Loved Chapter 11. Don`t Be Manipulated Chapter 12. When Your Friends Succeed Chapter 13. Be a Friend Chapter 14. Find Something...

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