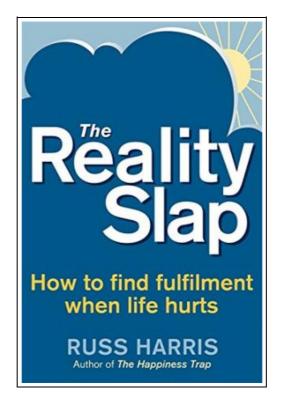
The Reality Slap (Paperback)



Filesize: 7.89 MB

Reviews

Extremely helpful to any or all category of men and women. It really is rally exciting throgh reading time. I am just happy to let you know that this is basically the greatest pdf i have got go through in my personal existence and may be he finest book for at any time. (Carroll Greenfelder IV)

THE REALITY SLAP (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2012. Paperback. Condition: New. Language: English. Brand New Book. Sometimes it can feel like there s a gap between what we plan or hope for in our lives and the reality we re faced with - a so-called reality gap. Sometimes it s a startling reality gap caused by the death of a loved one, for example, or a serious illness, a freak accident, divorce or the loss of a job. Sometimes it s a little gentler: envy, loneliness, resentment, failure, disappointment or rejection. But whatever form your reality gap may take, one thing s for sure: it can cause us great distress.Based on the scientifically proven mindfulness-based approach called Acceptance and Commitment Therapy (ACT), this self-help book will teach you how to cope effectively when life hurts and you will learn not only how to survive life s unexpected curve balls, but also how to thrive, despite them.



Read The Reality Slap (Paperback) Online



You May Also Like



There s an Owl in My Towel

Pan MacMillan, United Kingdom, 2016. Board book. Book Condition: New. Main Market Ed.. 187 x 187 mm. Language: English. Brand New Book. Not suitable for children under 1 year of age There s an...

Save Document »



I Believe There s a Monster Under My Bed

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Shelby L Paul (illustrator). Large Print. 234 x 156 mm. Language: English. Brand New Book ***** Print on Demand ******. Does your child believe...

Save Document »



The Adventures of Sheriff Williker: /Book 1: The Case of the Missing Horseshoe

Createspace, United States, 2014. Paperback. Book Condition: New. Kim Hansen (illustrator). large type edition. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. A missing horseshoe for a prize winning...

Save Document »



The Garden After the Rain: Bedtime Story and Activity Book for Children 4-8 Years

Partridge Publishing, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The book - The garden after the rain is a collection of...

Save Document »



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. This isn t porn. Everyone always asks and some of our family thinks...

Save Document »



Owen the Owl s Night Adventure: A Bedtime Illustration Book Your Little One Will Adore (Goodnight Series 1)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Professor of Modern English Literature Peter Childs (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******.Owen is

Download Document »



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

 $ZONDERVAN, United States, 2014. \ Paperback. \ Book. \ Condition: New. 211x137\ mm. \ Language: English. \ Brand \ New Book. \ Rachel Macy Stafford spost The Day I Stopped Saying Hurry Up was a true phenomenon on$

Download Document »



The Old Peabody Pew. by Kate Douglas Wiggin (Children's Classics)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was

Download Document »



Robert Ludlum's The Bourne Objective (Jason Bourne Novels)

Orion, 2011. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders

Download Document >



America s Longest War: The United States and Vietnam, 1950-1975

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English. Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s