



Tell Me What You Can Do (Paperback)

By Mary Beth Egeling

Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. How often do we use the words I can't in our everyday lives as we're called upon to meet a crisis large or small? In Tell Me What You CAN Do, author Mary Beth Egeling provides a clear, step-by-step method of managing whatever life throws our way. When we focus our thoughts and energies, emotions and attitudes toward all we CAN do . . . the possibilities turn out to be so much more than we ever imagined! The perfect book for anyone whose vocabulary is dominated by the phrase I can't. For all those ruled by the fear of trying and failing. -Anne Lenox, LMHC, NCC, CEAP, SAP Licensed Mental Health Counselor You'll be grateful to have these tools in your repertoire so you can use them to effectively manage whatever challenges you face. Read this book now, use the strategies, and imagine the possibilities! -Bob Manard, Personal Coach Tell Me What You CAN Do is an insightful read, showing easy and realistic ways of handling life's dramas

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