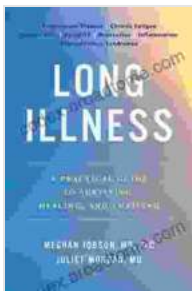


A Practical Guide to Surviving, Healing, and Thriving

Life can be tough. We all face challenges that can test our limits and make us feel like giving up. But it's important to remember that we are all capable of overcoming adversity and achieving our goals.



Long Illness: A Practical Guide to Surviving, Healing, and Thriving by Kenneth Kee

★★★★★ 5 out of 5

Language : English

File size : 389 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 288 pages



This practical guide will provide you with the tools and strategies you need to survive, heal, and thrive in the face of life's challenges. You will learn how to:

- Identify and challenge negative thoughts and beliefs
- Develop coping mechanisms for stress and anxiety
- Build resilience and self-esteem
- Create a support system of family and friends
- Find meaning and purpose in your life

This guide is based on the latest research in psychology and neuroscience. It is written in a clear and concise style, and it is packed with practical exercises and worksheets that you can use to start making changes in your life today.

If you are ready to take control of your life and start living a more fulfilling and meaningful life, then this guide is for you.

What Readers are Saying

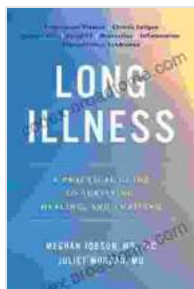
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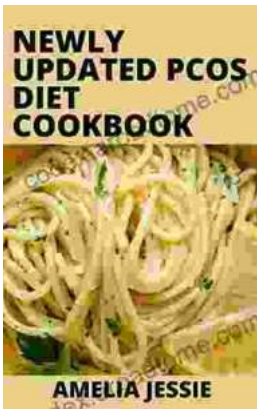
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