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I Didn't Sign Up for This!: 7 Strategies for Dealing With Difficulty in Difficult Times

Sandra A. Crowe

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We all have our problems. We all experience moments of exasperation and turmoil surrounding the question "Why me?" or more importantly "What now?" when life seemed to go awry. Wouldn't it be great to have the answer to those questions?

With a little help from *I Didn't Sign Up for This! 7 Strategies for Dealing with Difficulty in Difficult Times*, the answer to those questions and others you ask in these moments are answered. You'll find that with the right strategies you can overcome even the most soul-crushing challenges. You will learn:

- Why shifting internal reactions can have external implications
- How to alter the ongoing difficulty that lives within right now
- How to design and shift your emotions no matter what
- Where and how to change expectations so your mood does too
- What tools will alter your difficult relationships and finally make them work

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