



Survive or Thrive? Workbook: Step by Step Workbook to Help You Solve Life Problems and Thrive Again

Stepp Stevens Sydnor

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A step-by-step guide to help you get back on your feet, solve life problems, and create the life you always wanted . . . despite hardships i.e. bankruptcy, divorce, financial loss, foreclosures, and relationship breakups. In addition, The Survive or Thrive? workbook will help transform survive thinking into a proactive, can do, action plan, as well help you feel more confident and alive. Overcome the tendency to stay linked to your troubles, and stop feeling like you're fighting for your life long after the actual threat has passed. In this workbook, you will learn the essential steps for doing more than just surviving in this life, and how to put a plan into action in order to rethink situations to create a better life.



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