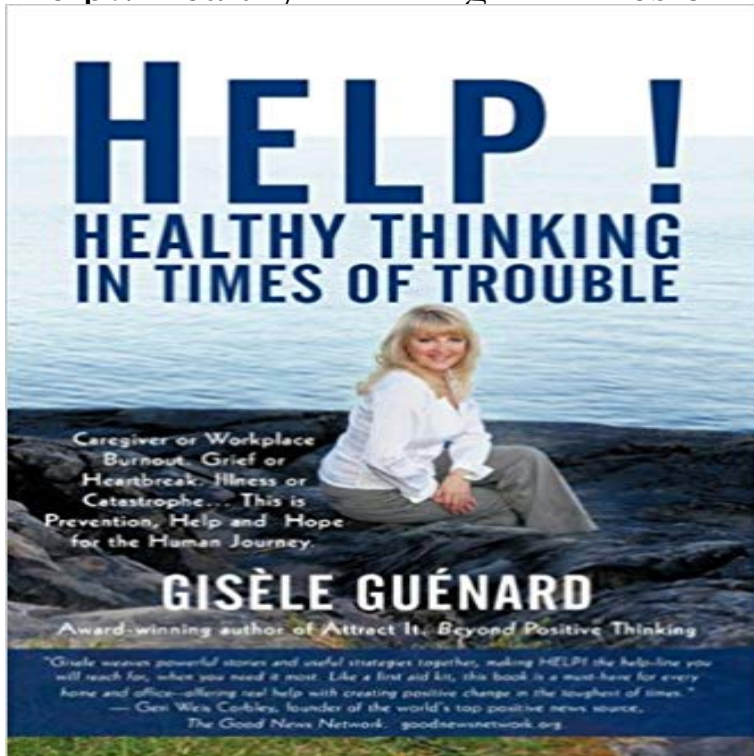


Help!: Healthy Thinking in Times of Trouble



There are times when positive thinking is not enough. There is one way and one way only to survive and even thrive in times of trouble, as Einstein said, we must think differently. Help! offers powerful insights for real life. There are true stories of triumph through caregiver burnout and catastrophe, after miscarriage, grief, and heartbreak, with new hope for depression and wellness, and with extensive research woven throughout. Help! is the reference book for healthy thinking during your most challenging times. Backed with thorough current research from the fields of psychology and medicine, combined with the wisdom of the ages, Help! contains meditation exercises for the caregiver, for mental wellness, and grief, as well as the best inspirational quotes. The Help! Wellness Model is included. Troubled? Bring out the lion within and triumph. No stranger to tragedy including the death of many beloved friends and close family, the author shares a deep connection with those who face major struggles. Gisele affirms that we have a responsibility to improve how we think, what we say, and what we do to solve our problems including those on a global scale.

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