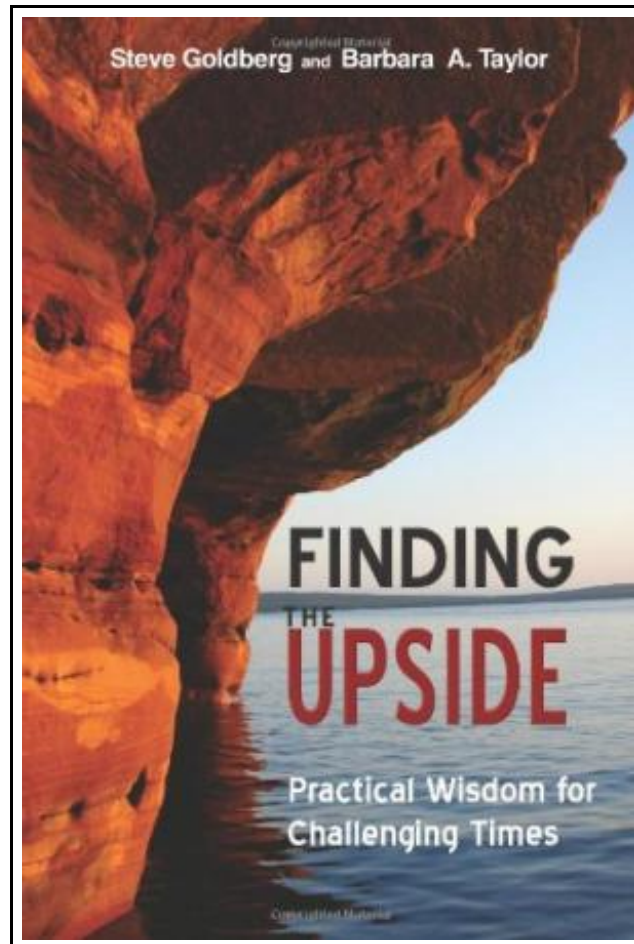


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Upside Publishing, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.A rich source of ideas and inspiration for finding-and living-the Upsides in your own life, starting today! We re all experiencing the impact of the current times we live in: the wobbling US economy, job cuts and unemployment rates, rising costs coupled with losses in savings and investments, health care and international security concerns, natural disasters, and the strained state of our planet. We could easily become gripped with fear, anxiety, or depression over the formidable challenges we face each day in our personal and work lives. In *Finding the Upside: Practical Wisdom for Challenging Times*, authors Steve Goldberg and Barbara A. Taylor invite you to join the growing movement of individuals who are discovering innovative new ways to meet life s difficulties with courage, resourcefulness, and optimism. There is a golden opportunity surrounding us right now to take stock of the potentially positive and redeeming aspects of the current state of affairs we re in! Every upside adjustment we make in our thoughts, attitudes, and actions can have a powerful effect on our quality of life, the outcome of our future and the futures of our children and grandchildren. *Finding the Upside* is a unique collection of personal stories, research, timeless quotes, exercises, affirmations, and related resources to help you strengthen your own toolkit of practical wisdom for surviving and thriving in challenging times. Executive and career coach Steve Goldberg and family therapist Barbara A. Taylor share their combined decades of insight and experience in human potential and personal growth in this timely new book. Exclusive bonus for book buyers! You ll have online access to the Upside Premium Area, a collection of resources to get...



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