



Your Life: An Owner's Guide: Goals, Dreams, Values, Exercise, Money and People (Paperback)

By Ph D Michael R Slavitt

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether your biggest concern is coping with stress, managing time, getting organized, handling finances, enriching your social life, or keeping up with your exercise program, Your Life: An Owner's Guide can help. Written by a board-certified behavioral and cognitive psychologist, it offers practical techniques and strategies for navigating the various aspects of everyday life. Author Michael R. Slavitt, PhD, understands the vital importance of defining values and keeping sight of goals and dreams, and this book will show you how. Your Life: An Owner's Guide is structured on a continuum that begins by addressing the broadest principles, then moves to intermediate-level issues such as stress management, to the nitty-gritty aspects of lifestyle management. The final section provides advice on enhancing your social life. With a blend of penetrating insights along with practical, easy-to-use suggestions, this book is comprehensive in scope, yet flexible enough to fit your unique personality and lifestyle.

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