What if you could see around the corners of your life? Wouldn't it help to know what the most challenging days of your life would be like BEFORE they hit? There are certain days in life that stand out because they are among the toughest that you or someone you love will experience. Your quality of life and your experience on the journey through this world are a function of how you handle these days when they arrive. Will you be ready? Will you be strong? Will you survive and be better for it, or will you cave? In Real Life: Preparing for the 7 Most Challenging Days of Your Life, bestselling author and talk show host Dr. Phil McGraw is here to help you prepare to confront what he believes are the seven most common critical days that you or a loved one are likely to face. This book helps make it possible for you to be there for yourself or to be the calm in the middle of the storm for someone you love when any of these difficult days arrive.

Loss -- the day that you or someone you love has their heart shattered by death, divorce, or losing something of great value.

Fear -- the day that you realize you have lived your life as a sellout and that every choice you have made up until this point was dictated by other peoples expectations, not based on your own goals and desires.

Adaptability Breakdown -- the day that the pressures of balancing your responsibilities and needs, along with lifes demands, have become way too overwhelming, and you realize that you are in way over your head.

Physical Health -- the day that your body or that of someone you love breaks down because of illness, trauma, or disease.

Mental Health -- the day that the mind breaks down and betrays you or someone you love.

Addiction -- the day that addiction takes over, and you or your loved one look a powerful destroyer in the face and realize that you are not in control.

Existential Crisis -- the day that you or someone you love lose the purpose, compass, and connection to meaning in life and have no answer to the question Why? Encountering these days can feel like hitting a brick wall. But while they will change your life, they do not have to ruin it. Dr. Phils step-by-step plan for getting
through the worst days is designed to help you feel prepared when it really matters -- in the midst of a crisis. Dr. Phil provides wisdom and resources that will guide you toward a solution that is right for you, showing you how to minimize disruption and maximize the recovery. This book is not just about giving you a crisis-mode plan. It will also show you how to change your life now, before you get into a crisis, so that you are not behind the power curve when any of the seven days hit. You will be able to be a leader to someone you love during their crisis because you will know what to do. Dr. Phil says there are no exceptions: with the right attitude and the right information, every challenging day can be turned into a valuable life experience.

Features:
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My Personal Review:
I work with a nonprofit helping out of work people and I've scored this a recommended read in my resource library (see www.careerjockey.org/categories/book-reviews/). Losing your job is traumatic. You lose your ability to provide for your family. It brings on financial stress. It comes with feelings of betrayal, shame and guilt all at the same time. If you relied on your work to bring purpose and significance to your life, that was taken away from you. You are now left with finding a way to fill the emptiness. You may be asking yourself. Who am I? Why am I here? Why am I alive? All these can lead to anxiety, depression, and even thoughts of suicide.

Dr. Phil has NOT written a cliché feel-good book filled with platitudes. He has written a practical guide for dealing with very difficult times and the feeling and attitudes that typically accompany them. You can sum up the book with the following statement, As tough a time as this may be for you and as bad as you may feel right now, there are others that have gone before you. And they can serve as witnesses that not only can you survive this, but you can become a better person for having gone through it.

From surveys he has taken, Dr. Phil has selected seven days that in his opinion provide the biggest challenges you are likely to face in your lifetime. I expected them to be concrete, but they are more like states your reach in your life as a results of life events. And I believe the seven are right on. Of the seven, four ring very familiar to those that have lost their jobs and are looking for work. These four are:

1. The day your heart got shattered by the death of a loved one, divorce, loss of a friend, life dream or career.
2. The day you realize you lived your life as a sellout. You have been living in fear of failure or fear of disappointing others. You have let your authentic self down.
3. The day you realize you are overwhelmed and are no longer in control. You cannot meet the demands placed on you.
4. The day you have lost your sense of purpose and meaning in life.

Consider this book for taking care of your emotional, mental, and spiritual well being whether your handling this transition well or not.

For More 5 Star Customer Reviews and Lowest Price:
Real Life: Preparing for the 7 Most Challenging Days of Your Life by Dr. Phil McGraw - 5 Star Customer Reviews and Lowest Price!