

**STAY
CALM
AND
CONTENT**

NO MATTER WHAT LIFE
THROWS AT YOU

CAT WILLIAMS

Stay Calm And Content : No Matter What Life Throws At You

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Are you sometimes stressed, anxious, or emotional?

Do you ever feel something is missing even when you think you should be happy?

Are there people with whom you don't get on well but wish you did?

Have you ever wondered why you behave a certain way, do or don't do certain things, or have done something you now regret?

This is not a typical self-help book because self-help books are usually read by people who think they have a problem to solve. This book is for everyone. Using straightforward, jargon-free language, it discusses many of the difficult issues of life, most of which are likely to affect us or someone we know at one time or another. It includes short discussions of stress, relationships, love affairs, work, parenting, sibling rivalry, motherhood, divorce, weddings, Christmas, teenagers, arguments, criticism, depression, communication, childhood, bullying, chronic pain, self-harm, addiction, suicide, bereavement, kindness, abuse, the battle of the sexes, and more.

People who can stay calm and content no matter what life throws at them all have similar thoughts and attributes that can be learned by anyone. The central theme of this book is self-esteem and how it is affected every day by our circumstances and the people we come across. We are usually unaware that it is our self-esteem that drives our emotions, thoughts, and actions.

The author's clients suggested this book be written so anyone could learn how to stay calm and content no matter what life throws at them. Personal stories highlight how you can control or change how you feel about yourself and how you can positively influence your life and the lives of everyone around you.

Stay Calm And Content : No Matter What Life Throws At You Details

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From Reader Review Stay Calm And Content : No Matter What Life Throws At You for online ebook

Alyssa says

Just got my free copy in the mail today! Very quick delivery! :)

Izzie Anderton says

Stay Calm And Content No Matter What Life Throws At You is unusual for a self-help book; its common sense approach offers genuine insight into understanding where our self-beliefs originate from and how to change the way we react when presented with challenging situations. Written in a non-patronising style (which I loved), the book covers life events that are potentially troublesome - everything from parenting, to Christmas and coping with bereavement - it's all here. I also loved the liberal sprinkling of inspirational quotes throughout. I'm sure I'll be dipping in again and again whenever I'm in need of a pick-me-up. Most definitely worth buying.

Angie says

I received a free copy of this book from GoodReads FirstReads program. I entered for this book for myself (because it is always a good idea to continue to improve yourself) and for my Mother who has a lot of stress in her life and is not good at dealing with stress. I found a few great ideas to help me and a bunch of ideas I know will work for my mother.

Dermot Davis says

Sometimes some of the most profound truths are the simplest and this book certainly falls within that category. "I think I am coming to the conclusion that there is only one problem - and it's one that almost everyone shares: low self-esteem." The author begins with this quote from Gael Lindenfield's book, "Self-Esteem" and builds on it to show how having low self-esteem can affect us, our work and all our relationships. Encouraged by her clients to write down the wisdom she imparted in their counselling sessions, they could obviously see that a wider audience could also benefit. Interspersed with client case histories, we get a greater understanding of what issues others are dealing with and how they have coped, which I found to be very inspirational.

Beverly says

Using straightforward language, this book discusses the difficult issues of life, most of which affect us or

someone we know. It includes discussions of stress, relationships, work, parenting, sibling rivalry, motherhood, arguments, criticism, depression, communication, bullying, and the battle of the sexes. The central theme of this book is self-esteem and how it is affected every day by our circumstances and the people we come across. We are usually unaware that it is our self-esteem that drives our emotions, thoughts, and actions. A really good book with many examples of self-esteem issues.
