



Claim Your Own Mental Fitness: Manage Your Mind to Overcome Addiction, Anxiety, Anger, Grief, Trauma & Depression and Form Positive Relationships

Rea Anne Scovill Ph.D.

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What is mental fitness? It's that six-pack of mental abs that keeps you on top of your game through thick or thin. It's the belief you can climb any emotional mountain that looms in your way. It's the savvy that propels you through the rockiest social hurdles with confidence. It's an inner deep self-trust. Claim Your Own Mental Fitness offers a place to start, a big-picture view of the journey and sound guidance along the way. Part I quickly integrates the latest proven knowledge for how to cope with the fight-or-flight reactions that stress you out. You'll go step-by-step through a process that will give you an intuitive handle on your own mind and the skills to manage it. Part II describes how obstacles you may encounter, like genetic differences, addiction, anxiety, anger, grief, trauma and depression could impair your progress. Reader-friendly guidance helps strengthen your skills to tackle each of these. Part III defines the difference between friend- and acquaintance-relating as you apply your new skills with friends and relatives, at work, for dating, in marriage and while parenting. Served in bite-sized pieces and peppered with apt examples, Claim Your Own Mental Fitness is a lively handbook for how to cope with life.

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