



# **Cope Better, Feel Better, Quicker.: 4 Self Help Strategies To Empower You To Cope Positively & Activate Hope During Monumental Change.**

*Lynn Sharrocks*

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*Lynn Sharrocks*

## **Cope Better, Feel Better, Quicker.: 4 Self Help Strategies To Empower You To Cope Positively & Activate Hope During Monumental Change.** Lynn Sharrocks

Are you struggling to cope, feeling desperate and depressed? Are you feeling stuck and not sure how you can move your life forward?

In this book the author shares with you the strategies that she used to keep herself positive, ward off depression, sleep better and create a feeling of hope when she encountered a monumental and life changing event in her life.

When used, these four simple, but extremely powerful strategies will help you to:

- Create a feeling of 'growth' in your life.
- Delete habits that are causing you to suffer.
- Bring hope into view.
- Take back your power.

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