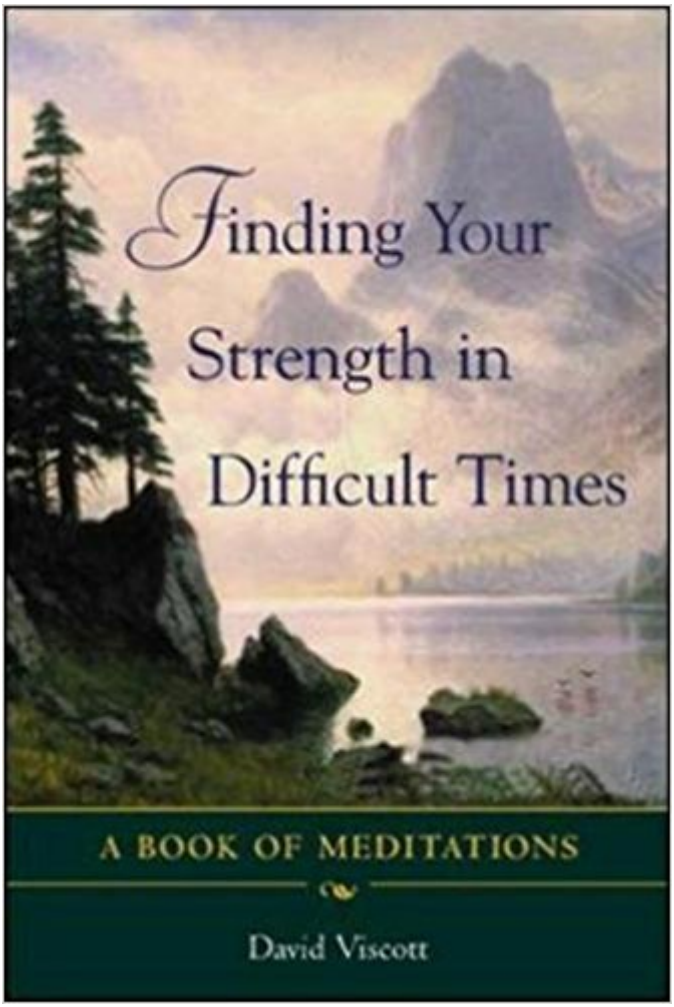
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Finding Your Strength In Difficult Times



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Synopsis

In this recognized classic in the field, a world-renowned psychiatrist and bestselling author shares simple meditations for healing through self-discovery, relating genuinely to others, and following one’s dreams. His thoughtful advice clears the path for finding recovery and peace. Newly packaged in a convenient, portable format, Finding Your Strength in Difficult Times can provide comfort anywhere at any time. Users can bring it along in a bag or backpack and dip into it throughout the day to find inspiration and motivation, for problems both large and seemingly small. Includes meditations for anger, loneliness, jealousy, and more.

Book Information

Series: Book of Meditations

Paperback: 272 pages

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Average Customer Review: 4.7 out of 5 stars 54 customer reviews

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Customer Reviews

I do not try to be accepted. I do not search for love. I want only to be me and am grateful for the gift of myself. The road of life is seldom a smooth one--it’s dotted with potholes, treacherous turns, speed bumps, and numerous detours. While it’s easy to lose your way traveling along such a road, you need not despair. This comforting, portable book will help you find your inner strength. The many mediations and affirmations collected in Finding Your Strength in Difficult Times will help you recognize and nurture your innate strengths and gifts. These practical insights and sensitive reflections will be welcome guideposts as you make you way through difficult times.

Dr. David Viscott was an internationally known psychiatrist and the author of The Language of Feelings and Emotionally Free. He was also an Emmy-Award-winning talk show host.

This little book is full of wisdom that David Viscott gained over his career. He was an exceptionally sharp psychiatrist, able to hone in on a person’s issues with speed and accuracy. I have had several copies of this book because I often find someone who needs it and I give it away. It is small enough to fit in a purse or backpack. Each topic is pithy and the reader can turn to any page and learn something new each time he/she reads the topic. Or, you can use the Table of Contents to choose a topic that interests you. I carry it with me and when I have to wait, I’ll start reading it again. Here’s an example of a quote from the book, "I am always at the beginning of discovering something wonderful about myself." I love this little gem.

Read this book every day. It’s an amazing quick book that will center you.

This is a great little guide to life at large. After a number of years I came back to it and found it just as relevant and insightful as before.The only reason I do not give it 5 stars is not for the content, rather the book itself. With continued reading your copy will curl up on itself, and this is quite bothersome. Instead, take it to your local office store and have them cut off the binding and spiral bind it. That way it will lay flat and will continue to be readable over time.Highly recommended.

I have ordered numerous copies of this little book as I keep giving my copy away to friends and associates that might also find some answers to problems within its pages.This is simple, logical wisdom to apply in any of a multitude of problems or situations and provides answers and solutions that work. Its wisdom is presented in a few short paragraphs but is right on target. I can pick up this little book and turn to any page and find no nonsense answers that work in every day life. Sometimes the answers are like a slap in the face - just a gentle one - kind of like a wake up call.This book is never far from my hand.

Perfect book and quick delivery

I’ve purchased a dozen or so copies of this book, and have given them to friends, as well as clients, when he or she is looking for inner strength to cope during crisis without getting sucked into another’s human dynamic.I encourage using the book’s table of contents to address specific issues at hand.Each meditation is succinct, allowing clarity from critical thought. My take on it is that it presents the issue so that the reader cannot run or hide - that is, if he or she is ready to address the

issue and pursue a resolution...

It’s rare to find a book that speaks to you on EVERY page, but this one did just that. David Viscott was an amazing man, with a gifted writing style that will truly be missed. I recommend this little gem for anyone who is going through, as the title suggests, difficult times. No matter what type of difficulty you are facing, there is insight to be gained and motivation to be experienced inside....I can only speak for myself, but for me it was invaluable!

I bought this book because I really wanted something inspiring to read since I’m having a hard time now with some things. I love it! It’s a nice small size so I carry it with me in my purse every day and read from it all the time. It has a lot of little chapters such as "Being Happy", "Don’t Give up" and my favorite "Unreasonable People". This book has been very helpful to me and I pull it out and read from it whenever I need inspiration. I definitely recommend this book!

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