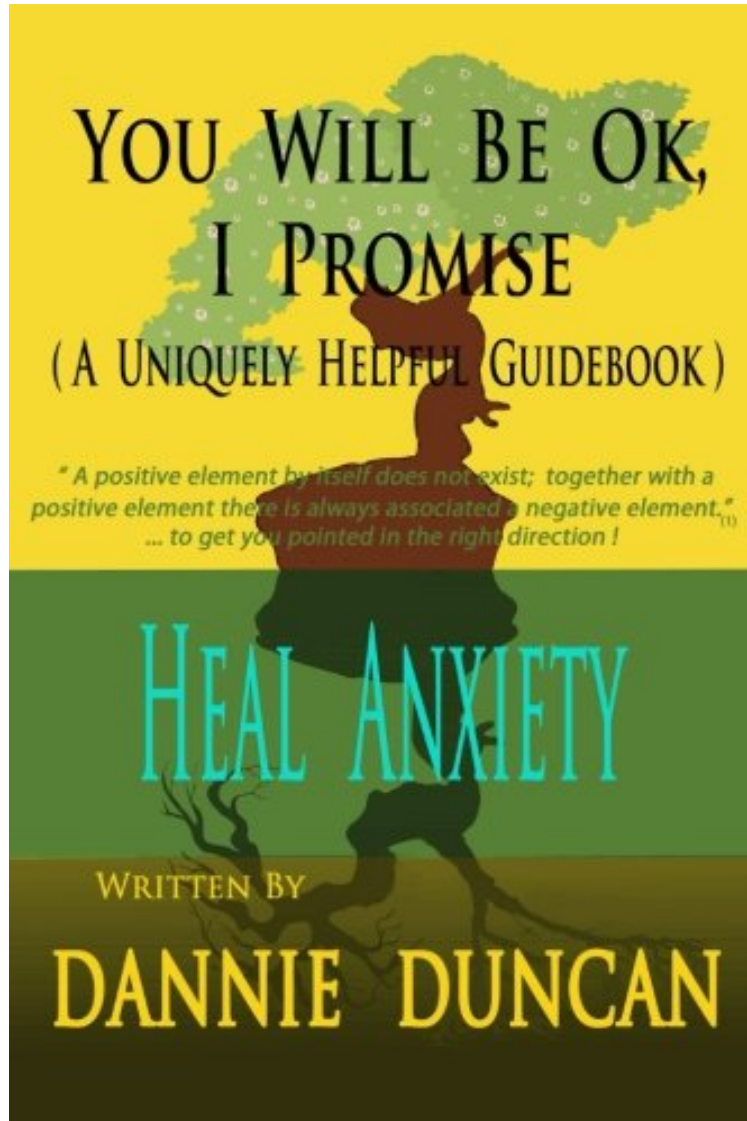


[E-BOOK] You Will Be OK I Promise!: (A Uniquely Helpful Guidebook)

You Will Be OK I Promise!: (A Uniquely Helpful Guidebook)

Dannie Duncan

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Dannie Duncan : You Will Be OK I Promise!: (A Uniquely Helpful Guidebook) before purchasing it in order to gage whether or not it would be worth my time, and all praised You Will Be OK I Promise!: (A Uniquely Helpful Guidebook):

0 of 0 people found the following review helpful. Review of You Will be O.K.By DarcyAThis book deals with some of the more serious social issues that we encounter in our human relationships. Included is a discussion regarding anxiety and depression, gambling, alcoholism, sex addiction, and unhealthy relationships. The author brings her own

experiences in to the context to better relate to others and their challenges. She tells several stories that I was able to relate to either directly, or indirectly. In addition to discussing how to move forward and get out of unhealthy relationships and situations, there is a section at the end of the book with resources to help readers who may be suffering from some of these social issues. Important topics, that need to be discussed like this for others to benefit. 1 of 1 people found the following review helpful. Excellent solutions for difficult life problems By A. Lewis Ms Duncan is amazingly open and honest, and leads the reader through methods and approaches to solutions for personal problems that many would not discuss. We each go through many things that bring us to severe or serious crossroads, depression, and seemingly no answers. Her approach has helped her and helped many. She writes from understanding personally and solving personally, and takes the reader through the depths to ways of living more abundantly and deeply, freer in the knowledge that life is worthwhile and can become a wonderful journey. People can overcome seemingly overwhelming odds. She proves it and promises a way for the reader to prove it! 0 of 0 people found the following review helpful. A real ok read! By Customer On the sudden passing of my younger brother - my world fell apart - what a fortuitous occurrence to have had the opportunity of finding soon after this helpful book, " You will be ok..." by Dannie Duncan This read helped me through my dark days...

HOW DO YOU HEAL FROM A NERVOUS BREAKDOWN? How to do you Feel Better, After Feeling Really Really Bad? If you have had a Nervous Breakdown learn a Survivors Secrets! The therapist informed me that I was like an anorexic, in that an anorexic doesn't recognize hunger and has to be told when to eat. I didn't recognize disrespect and had to be clued in to when it was going on in a form too subtle for me to recognize or too bold for me to believe it was what it was After experiencing one molestation and two sexual assaults in my youth, I went on to enter into three consecutive abusive relationships as an adult. And then I had a nervous breakdown. After ten years of going thru therapy, trying different medications, counseling with elders, and reading hundreds of self-help books I finally ran into some rather obscure information that greatly accelerated my healing. Here are just a few of the secrets you'll learn about, and be able to apply right away How to GIVE LOVE TO YOURSELF first. How to GUARD YOUR MIND and home from negativity. How to GIVE gentle, positive and LOVING ATTENTION TO YOURSELF and to your environment, anything you want to thrive. How to STAY PASSIONATE, GRATEFUL, AND EXCITED about life. How to GAIN A CLEAR PICTURE in your mind of what you want to do, have, or be (VISUALIZE). How to ACCEPT THE LOVE that comes your way FROM ALL sources: people, animals, plants, environment, etc. How to HOLD NO GRUDGES. How to BECOME COMFORTABLE WITH CHANGE and the unexpected How to INDULGE YOUR CREATIVE SIDE. You'll also discover how to: Heal emotionally, mentally, physically, and spiritually Discover if you are in a life process, or a death process. Recognize true love when you see it. Use the water in your body to draw in the life of your dreams. Find your passions. Cure your obsession-viruses and become invisible to losers, users, abusers, and players Magnetize your body to stimulate personal charisma And much much more Stop surviving and start thriving. Grab a copy of this book to discover eye-opening secrets, fascinating universal laws and life-changing principles. You'll thank yourself!

About the Author At the time of the printing of this book, Dannie Duncan resides in the tiny community of Joseph, a spiritual retreat at the foot of the Wallowa Mountains of Northeast Oregon. She is happily married to an accomplished photographic artist and former Montana cowboy. Dannie continues her studies in psychology, sociology and metaphysics. She is a published greeting card writer and also dabbles in the writing of children's books. She has worked as a personal assistant to the blind, volunteered as a Docent for The Anne Frank Exhibit and the WWII Exhibit in Kennesaw, Georgia. The author is the proud parent of a son who graduated from an eastern Ivy League University- and three gifted stepchildren. Dannie had the privilege of helping her mother-in-law to gently pass over after a long battle with lung cancer, something she wasn't able to do for her own mother who kept her illness a secret until it was too late. This experience greatly reinforced her warrior spirit and her belief in the power of love. Although she still struggles with some of the physical and emotional scars from her breakdown, she is steadily recapturing her life on a daily basis. It is the author's hope that the insights in this guidebook will help others to heal and then to discover life's magic all over again.