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Thriving in Turbulent Times: A Practical Guide for Alleviating Stress and Elevating Perspective, Purpose, Passion

By John J. Bush

New Horizons Publishers. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. A powerful and simple set of tools to help you thrive in every aspect of life. No matter how difficult the challenges and hardships you face, the profound practices taught in this book will change your life for the better. --Dr. Matt Townsend, SiriusXM Radio Show Host and Author of Starved Stuff: Feeding the 7 Basic Needs of Healthy Relationships. On this journey of life we all struggle at times with internal interference--such as fear, self-doubt, stress, and overwhelm--which can sap our energy and block us from tapping into our inner greatness. This book is about a simple, yet powerful set of tools that will help you identify and remove the interference so that you can connect with your gifts and talents and perform at your best. Over the last 20 years, John Bush has taught personal development workshops to a wide audience ranging from college students to corporate executives to couples striving to improve their marriage. Through these varied teaching and coaching experiences he noticed that when we are facing challenging times and stressful situations our internal interference usually escalates making it more difficult...



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