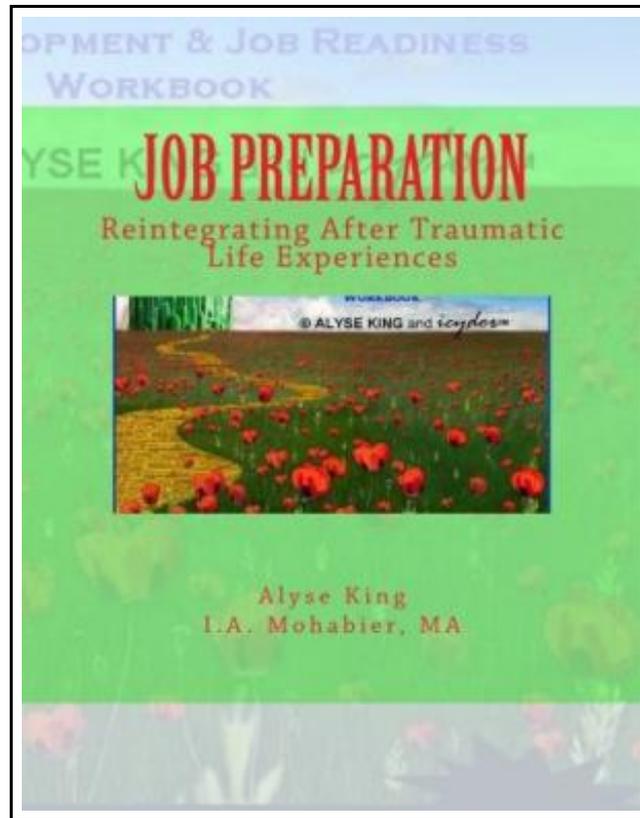


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JOB PREPARATION: REINTEGRATING AFTER TRAUMATIC LIFE EXPERIENCES



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Traumatic life experiences can be devastating and causes you to lose your positive self-image and self-confidence. At times, you may even feel like a failure. The Author, Alyse King felt like this many times during her twenty-two year journey helping her son and daughter to manage their chronic mental illnesses and now moving on to the world of work. The thought of going to school, starting a job-training program and hunting for a job, may even be overwhelming for you. Learning how to handle these every day stresses and rebuild your life is crucial to experiencing success. Since success is not a destination but a continuous journey, continue developing and learning as you travel through life. Always be aware of the opportunities available to you and never allow any of them to slip away. Your achievements at work, in school, with friends and with your family are mostly determined by the way you feel and think about yourself. It depends on your self-image. It is difficult to be interested in enjoying life if you don t know what experiences and opportunities are available. Your self-image emanates from within you. Self-image is a reflection of what you think about yourself. It begins with self-analysis, self-knowledge and self-enrichment. It is necessary to learn how to modify your thinking and behavior. If you modify the way you think, your behavior and self-image will automatically shine and be visible to those around you. This process is not just a one-time experience. This continuous process will eventually become a routine. If you learn to develop a healthy and strong self-worth and to regard yourself as a unique person, with abilities and skills that...



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