

Learn to Accept Uncertainty and Thrive With It Because It's Reality.

In uncertain times, many people start to feel more vulnerable than usual. When changes, such as job loss or financial reversals, are coupled with threatening headlines and frightening news events, anxiety and fear can make it difficult to enjoy, or even perform, ordinary activities.

This timely guide offers ten quick and effective techniques for coping with feelings of helplessness and vulnerability. Using a step-by-step approach, based on proven cognitive-behavioral principles, this book helps readers learn to accept the belief that uncertainty is a given in life that can be handled. There will always be uncertainty. but uncertainty about specific issues is temporary that is diminished by knowledge and preparation.

Readers of this little book learn to accept change as a given, and feel safe and confident in the face of changing times. By focusing on overcoming the often unconscious inhibiting beliefs that underlie fear, readers learn to:

- * assess the real risks involved in daily living.
- * end catastrophic thinking.
- * relax mind and body.
- * stay flexible and productive and functional through uncertain times.