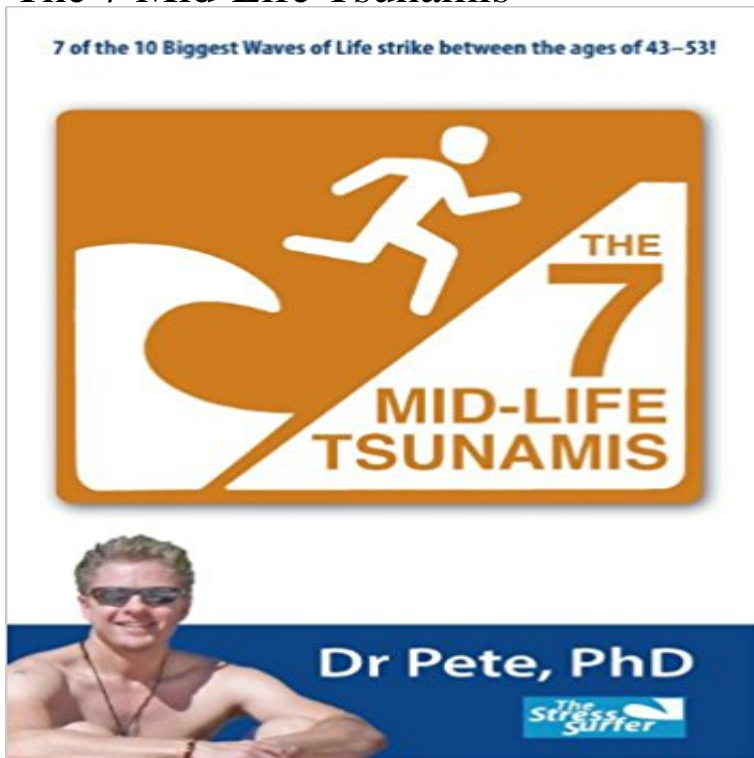


The 7 Mid-Life Tsunamis



Did you know that the most dangerous period of mid-life is between 43 and 53? Mid-Life is that elusive stage somewhere between the ages of 35-55, during which 7 of the 10 Biggest Tsunamis can strike. Have you experienced divorce or separation? Death of a close family member? Serious legal problems? Major injuries or illnesses? Family strain caring for older parents or teenagers? Financial stress and bankruptcy? Preparation for retirement? When were hit by one of the Tsunamis of mid-life, the last thing we have time for is to study lots of information. Dr Pete provides a quick and easy-to-understand summary of essential survival skills that we can use immediately! The 7 Mid-Life Tsunamis follows on from the popular *The Stress Surfer: Riding the Waves of Life Without the Stress*. Here's what you'll find inside: --Learn about the Top 10 Waves of Life, and the 7 Tsunamis which are most likely to strike during mid-life. --Complete a turbocharged update on the Stress Surfer Philosophy and how to Master the 4 Elements of Wellbeing. --Learn specific strategies to master each of the 7 Tsunamis of Mid-Life, to prevent a Wipeout. --Manage multiple Tsunamis, to make mid-life a time of thriving rather than merely surviving. Dr Pete, PhD, is a leading psychologist, life coach and facilitator. He has a Masters in Clinical Psychology and a PhD in chronic stress and Cognitive Behavioral Therapy. Dr Pete is a wannabe soul surfer who is passionate about life and living.

In his search for the perfect wave, he discovered that surfing is a powerful metaphor for riding the Waves of Life and managing stress. He shares his discoveries in his weekly blog at TheStressSurfer.com.

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The Stress Surfer: The 7 Mid-life Tsunamis May 13, 2014 Personal Injury & Illness is the 5th Mid-Life Tsunami in this special series to celebrate the release of my new book "The 7 Mid-Life Tsunamis". The 7 Mid-Life Tsunamis by Peter Stebbins 992291267 eBay Mid-Life is that elusive stage somewhere between the ages of 35-55, during which 7 of the 10 Biggest Tsunamis can strike. Have you experienced divorce or? Mid-Life Tsunami #4: Financial Stress - The Stress Surfer Wave Profile: Separation & Divorce is a devastating Tsunami for most Why focus on the. 7 Tsunamis of. Mid-Life? In writing my previous book The Stress. Mid-Life Tsunami #3: Legal Problems " WFMS eLibrary & Resources Ten Things I Need: 10 9 8 7 6 5 4 3 2 1 To feel relevant. I am always amazed, excited and inspired at the tsunami of life that crashes through the door, come! The 7 Mid-Life Tsunamis - Kindle edition by Dr Peter Stebbins. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like! Effective Therapy Skills for Common Adult Problems 7 Mid Life Tsunamis (Book/eBook). Did you know that the most dangerous period of mid-life is between 43 and 53? Mid-Life is that elusive stage somewhere! 7 Tsunamis #1 Separation & Divorce - The Stress Surfer Hello & Welcome! Thanks for visiting! Put your feet up and give yourself a few moments of me time. Me-time is necessary to refresh your soul and re-charge so! The 7 Mid-Life Tsunamis & Practical Therapy Strategies - ASORC 1. jan 2014 L's om The 7 Mid-Life Tsunamis. Bogens ISBN er 9780992291266, k, b den her. The Stress Surfer " Ride the Waves of Mid-Life The Stress Surfer: The 7 Mid-life Tsunamis Did you know that the most dangerous period of mid-life is between 43 and 53? Mid-Life is that elusive stage! Images for The 7 Mid-Life Tsunamis none Oct 9, 2015 There is no easy way into another world Jon Krakauer. Life is a journey, not a destination Ralph Waldo Emerson. Kurt Diemberger is one of! 7 Tsunamis Shortcuts 5 - The Stress Surfer Mid-Life Development & the 4 Elements of. Wellbeing. . The Waves of Life Model: The 7 Laws of the. Stress Surfer. . The Top 10 Waves of Life: The Tsunamis. Wellbeing: Ride The Waves of Life 7 Session eCourse The 7 Mid-Life Tsunamis eBook: Dr Peter Stebbins: May 27, 2014 Retirement Transition is the 7th Mid-Life Tsunami and final article in this special series to celebrate the release of my new book "The 7 Mid-Life! The 7 Mid-Life Tsunamis af Peter Stebbins (Bog) - k, b hos Saxo Hazard Points & Tips. 1. Wave Profile: Serious injury or illness is a Mid-Life Tsunami for many people. Such injuries and illnesses can range from severely. Baby Boomers of Color: Implications for Social Work Policy and - Google Books Result Wellbeing: Ride the Waves of Life -7 Session DIY Course DVD. \$99.95 \$79.95 The 7 Mid-Life Tsunamis " Quick Start Guide for Therapists. \$299.95 Add to! Mid-Life Tsunami #5: Personal Injury & Illness - The Stress Surfer Mid-Life is that elusive stage somewhere between the ages of 35-55, during which 7 of the 10 Biggest Tsunamis can strike. Have you experienced divorce or! Product Categories 7 Mid Life Tsunamis (Book/eBook) Wave Profile: Serious Legal Problems are a Tsunami-sized. Wave for most Why focus on the 7. Tsunamis of. Mid-Life? In writing my previous book The Stress. 7 Tsunamis #7 Retirement - The Stress Surfer Jun 11, 2014 Serious Legal Problems is the 3rd Mid-Life Tsunami in this

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