



## Attitude Shifting (Paperback)

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By Gibbs A Williams Ph D

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Pressing Issue of Our Time The pressing issue for people in a state of crisis, whether it is stress, depression, anxiety or any variation thereof, is that they want, need, and absolutely require immediate attention Unfortunately this generally does not happen. Typically it takes weeks before people in crisis can be seen by professional care givers. This guide provides effective methods for first responders to greatly reduce this time gap. The Attitude Shifting workshop and resource guide offers professionals and lay people, who wish to help someone in need of help, tools to effectively cope with anxiety, depression, frustration and stress while in the moment. Most of the self-help books and tapes are missing a crucial step.a step that must be taken in order to achieve the relief and controlled order that s desperately sought. People under stress read the latest books, listen to the most popular TV Gurus and often pop the most recently advertised pills endorsed by the pharmaceutical companies who make them, frequently without positive benefits and side effects that are often worse than the problem. They will try...



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