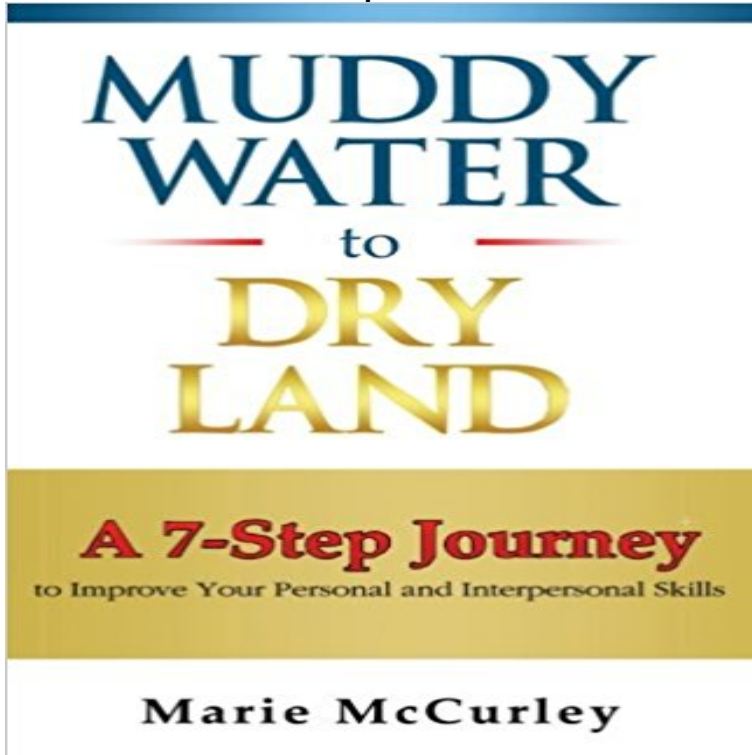


# Muddy Water to Dry Land: A Seven-Step Journey to Improve Your Personal and Interpersonal Skills



How do you handle life's challenges? This book was written as a result of a challenging situation that the author experienced at a young age. That experience made a big impact on the author's life. This book provides some skills and techniques that may help you handle a few of life's challenges. This book contains seven skills that you can use. These skills may help you keep your poise, respect, and maybe even a friend. Step one in this book is Enhance Your Self-Esteem. In this chapter there is a discussion of what self-esteem is and how to determine if you have low self-esteem. Also provided are skills that you can use to raise your self-esteem. Step two is Communicate Clearly. This chapter will show you the importance of using tone, body language, and listening skills to communicate effectively with others. Step three is Manage Conflict. In this chapter, you will discover just how easy it is to manage conflict with family, co-workers, friends, and within a group setting. Step four is Exhibit Integrity. This chapter explores the importance of integrity in both your personal and professional life. It includes steps you can use to develop your integrity. You will also learn about benefits that you can enjoy if you make the effort to develop integrity. Step five is Deal with Betrayal. Have you ever been betrayed? If so, you will be glad to know that you can overcome the broken trust and start a process to forgive your betrayer. Step six is Cope with the Loss of a Loved One. Very few occurrences in life are more devastating than losing someone you love. This chapter will discuss the five stages of grieving and how to move forward without forgetting. Step seven is Be Persistent. When you get off track and feel like you are not improving in whatever skill you are trying to acquire or improve, there are steps that you can take to get back on track. Get a copy of Muddy Water to Dry Land today

and watch your reactions to life's challenges improve.

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