



# Overwhelmed: Coping with Life's Ups and Downs

*Nancy K. Schlossberg*

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# Overwhelmed: Coping with Life's Ups and Downs

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## **Overwhelmed: Coping with Life's Ups and Downs** Nancy K. Schlossberg

*Overwhelmed* is a helpful, positive guide to dealing with the challenges-both expected and unexpected-that accompany change. More than a discussion of turning points and transitions, it offers real-life examples and specific guidelines for responding constructively to all kinds of changes, welcome and unwelcome. Nancy K. Schlossberg shows readers how to evaluate each change and determine its affects, how to assess personal strengths and the support systems brought to the change, and how to pinpoint the best coping strategies for the situation.

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