



## Defining Moments: Breaking Through Tough Times

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By Dorothea S. McArthur

Cove Press U.S. Paperback. Book Condition: new. BRAND NEW, Defining Moments: Breaking Through Tough Times, Dorothea S. McArthur, Dr McArthur a Diplomate Clinical Psychologist with 34 years in private practice, and three-time author with five star reviews, helps readers recover from lifes inevitable "knockdowns" such as natural disaster, financial crises, illness, or loss of a loved one. The reader can accompany this deeply caring therapist, through counselling dialogues, walks in nature and her inner thoughts as she describes 66 defining moments to help readers live life deeply and fully. Examples and solutions are provided about taking care on oneself, relating to others, and parenting children. Dr McArthur emphasises integrity, honesty and ethical behaviour as a means of building depth-of-character, self-esteem and inner richness for "making a difference" with a successful life. This author also presents effective ways to examine unresolved childhood issues that may be causing anger, anxiety, or depression by looking at each persons unique life story to discover childhood survival skills needed to handle childhood adversity. These skills are then altered to successfully accommodate both present and future goals. Dr McArthur demonstrates ways in which time in nature and with pets can be a wise guide, leading the...



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