



Real Life: Preparing for the 7 Most Challenging Days of Your Life

Dr. Phil McGraw

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The #1 *New York Times* bestselling advice guru, Dr. Phil McGraw, presents a practical and inspiring guide to overcoming life's seven biggest crises.

Sooner or later, every adult faces a potentially devastating situation. Dealing with the stress of a traumatic event—whether it's the loss of a loved one or a sudden illness—requires skills and insights very different to those used to manage day-to-day turbulence. And no author is as equipped as Dr. Phil to guide readers in navigating their most trying moments.

With his trademark calm and prescriptive approach, Dr. Phil divides these life-altering events into seven categories—including loss, fear, adaptability (or lack thereof), physical and mental health—and then teaches readers how to take control in each case. He identifies the different problems that can arise during crisis, from forced changes in plans to fraught emotions to indecision, and shows how to overcome them, step by step.

Real Life offers advice both on preparing for extreme moments and for dealing with those situations that occur with absolutely no warning. Sensible yet reassuring, it's filled with lessons, anecdotes, and thoughtful advice that will make the difference between coping with and conquering a problem, even on life's very worst days.

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