

T H E Overload Syndrome



LEARNING
TO LIVE
WITHIN
YOUR
LIMITS

RICHARD A. SWENSON, M.D.

The Overload Syndrome Learning To Live Within Your Limits Guidebook

Christian G. Meyer



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The Quick-Reference Guide to Sexuality & Relationship Counseling Dr. Tim Clinton, Timothy E. Clinton, Dr. Mark Laaser, Mark R. Laaser, 2010-04 This A-Z guide assists people helpers, pastors, professional counselors, youth workers, and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations.

Enough is Plenty Anne B. Ryan, 2009-11-16 Enough is an ancient master concept which today finds renewed expression in a variety of proposals for a transition to a better world. Each one of us has an innate sense of enough; everybody can play a part in the movement of enough and at the same time improve daily well-being. The book is a unique blend of ideas, practice, and resources integrating philosophy, morality, ecology, spirituality, self-help, citizenship, leadership, economics, and politics.

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