



On The Edge: : Health Crisis: Helping Yourself

Peggy Maddox

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On the Edge is about helping others cope. It provides sound, workable advice on handling the day to day changes and setbacks that face a person who has been diagnosed with a health crisis or terminal illness, and support for their care givers. It will help you to conquer fear, unlock your inner strength, and peace for yourself and those you love when you have been emotionally devastated plus it shows you how to take charge of your life and become involved in the process of your recovery.

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