

# ADVANCE INFORMATION SHEET

## DEALING WITH DIFFICULT SITUATIONS

VITAL LIFE SKILLS

# DEALING WITH DIFFICULT SITUATIONS

Stress, anxiety, change, risk  
and failure, health and ageing  
issues, relationship problems  
and landmark events

Mike Annesley

### Key selling points

- Covers common difficulties, from public performance anxiety to bereavement
- Includes exams, divorce, job loss and retirement
- Step-by-step strategies for taking charge of situations
- How to develop self-esteem, confidence, resilience and other qualities
- How to act confidently and effectively in the most challenging scenarios
- Looks at work, home life and relationships to health and personal projects

### SPECIFICATION

Format: 234 x 156mm, Pb with flaps  
Extent: 144pp, Approx. 30,000 words  
ISBN: TBC  
UK RRP: £12.99  
Publication: September 2018

As we tread the winding paths of our lives, difficulties – both large and small – confront us frequently. This book is a quick-reference guide to the life skills we need to draw upon to master the issues we are most likely to face.

Sometimes we need to summon the strength, courage or flexibility to deal with a foreseen problem. At other times a shock comes to us out of a clear blue sky – requiring a quick and effective solution, or a radical adjustment to our thinking and behaviour. Then again, we might find ourselves in a chronically tense situation that taxes our inner resources – such as being a carer for a loved one, coming to terms with illness ourselves, or battling stress in our job.

*Dealing with Difficult Situations* looks at all these dimensions of challenge, offering a host of effective quick fixes alongside reliable longer-term solutions. The book addresses all areas of experience: family, relationships, work, health, home life. It offers invaluable ways to negotiate landmark events that are often troublesome, such as redundancy, separation, loss, exam failure and retirement. It also outlines escape routes from situations you might feel you are stuck in – such as a flawed job or failing relationship.

The emphasis throughout is on assessing situations accurately, surveying the range of possible approaches, and selecting the one that is most appropriate and then carrying it out most effectively.



MIKE ANNESLEY (pseudonym of Robert Saxton) has had more than 20 years' experience as the Editorial Director of a major Mind-Body-Spirit publisher serving the international co-edition market. In this capacity he has devised, commissioned and ghostwritten many books on relaxation, meditation, dreaming, popular psychology and related subjects. Since 2013 he has been a freelance writer and editor. His books have been published by Eddison Books and Dorling Kindersley.

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