



Survival Wisdom: Motivational Thoughts to Help You Prevail (Paperback)

By Rich Hungerford

Balboa Press Australia, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. We increasingly struggle to weather the many storms life throws our way. It's often difficult to cope with significant change, manage risks, make informed choices about what to do next, and remain emotionally balanced. In *Survival Wisdom*, author Rich Hungerford offers a collection of anecdotes and affirmations to help you prepare emotionally for a survival event. Hungerford discusses the idea that where the mind goes, the body follows. Preparing and conditioning the mind to weather difficult times is a core aspect of survival training. He helps you master your thoughts and increase your emotional intelligence through this series of motivational thoughts and inspirations. *Survival Wisdom* teaches you to prepare the mind for adversity, how to withstand the storm of survival situations, and ultimately maintain the mindset of a true survivor. It presents practical wisdom for surviving disasters and life in a rapidly changing world.

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