



Give Yourself a Pep Talk

Joan Marie Galat

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Give Yourself a Pep Talk Joan Marie Galat

Suffering, negativity, and depression have become a way of life for thousands of individuals. This inspirational collection of short essays will provide the impetus to change these self-defeating habits and forge new pathways to emotional health. From simple steps such as listening to the language of your thoughts to major strategies involving action plans for change, each pep talk brings revelations and a clear message spoken from the depths of experience. Humor often emerges in the author's suggestions. With catch phrases that are easy mantras for everyday success, such as "Stop Thinking 'Always' and 'Never,'" "Keep Fewer Dishes Rather Than Buying More Cupboards," and "Turn Worries into Troubleshooting Plans," Galat speaks to common traps of human nature and provides gentle guidance for the process of finding joy, peace, and a confident sense of self once again. This book will be an indispensable guide on a journey back to a positive outlook capable of handling life's many challenges.

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