



## No Glass Slipper: Surviving and Conquering Painful Life Experiences

By Sharon Coffey

iUniverse, United States, 2006. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. No Glass Slipper takes a powerful look at the lives of strong and famous women who once struggled with painful experiences, but eventually developed the life skills to set goals and move forward. Author and clinical psychologist Sharon L. Coffey uses the compelling biographies of celebrities, such as Barbra Streisand, Oprah Winfrey, Drew Barrymore, Halle Berry, and Demi Moore, and allows their life lessons with depression, sexual abuse, suicide, and alcoholism as guidance as you journey to find your true destiny. Coffey encourages you to consider adverse conditions as challenges to be conquered-not as debilitating circumstances that cripple you for life. Learn how to cope with adversity, keep life simple, set goals, and meet challenges head on and with optimism. Coffey includes self-assessment questionnaires and evaluation techniques that will help you identify the issues in your life that need resolution. When faced with hardship, remembering the survivors in No Glass Slipper will not only help you find the answers to the questions How can I be better? and How can I live better? but will also help...

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