



Toolkit for Smart Living

Marvin Snider Ph.D.

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Marvin Snider, Ph.D.'s *Toolkit for Smart Living* offers readers experience based solutions gained through four decades of helping people improve their lives. It serves as an effective and efficient topical reference to deal with many of life's challenges.

Toolkit for Smart Living isn't just any self-help book. It is an accumulation of wisdom and experience gained through years of a psychologist's clinical practice illustrated with real-life examples. This toolkit offers easy-to-follow coping strategies for overcoming problems and provides helpful references for further investigation of each topic. Snider covers a multitude of topics including work-related stressors, family relationships and health concerns, making this a comprehensive, "use-as-you-need" guide to life.

This book offers a bounty of tried and true solutions gained through years of Snider's family therapy practice that is complete with sections sub-divided to provide you with easily accessible tools. This book will readily appeal to people who need and value concise information.

Marvin Snider has masterfully created this encyclopedic book that helps the reader readily identify the topics that apply to his or her situation.

"A must have reference for every household."

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