

## **What To Do When The Bubble Pops Personal And Business Strategies For The Coming Economic Winter**

What to Do When You're New  
What to Do when Your Home Freezer Stops  
What to Do When the Dr. Says It's Endometriosis  
What to Do when It's Your Turn (and It's Always Your Turn).  
What to Do When You Become the Boss  
What to Do when You Don't Want to Call the Cops  
What to Do When the Shit Hits the Fan  
What to Do When Your Family Has to Cut Costs  
What to Do when Your Temper Flares  
What to Do When Someone You Love Is Depressed, Second Edition  
What to Do When the Roof Caves In  
Beloved Alcoholic  
What to Do When Your Back Is in Pain  
Stop GOING to Church  
What to Do When Your Kid Is Smarter Than You  
What to Do When Your Family Is on Welfare  
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What to Do When Your Mom Or Dad Says "Stand Up Straight!"  
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## **What to Do When You're New**

### **What to Do when Your Home Freezer Stops**

Can I recover from this? What are the warning signs? Why would God let this happen? We all walk through life with nagging questions?questions that spring from fear, doubt, guilt, and pain. And the harder we fight to ignore them, the faster they weaken our defenses. Like hail on a weak roof, they pile up until the sky comes falling in. Counselor, author, and speaker Marilyn Meberg knows what rains down on us, and she's here to help. With words of encouragement, wit, and wisdom, Marilyn speaks to those issues that can cripple us or make us stronger. Adultery, depression, pornography, suicide, boundaries, addiction . . . She knows there's nothing too difficult for God, no one too shattered for his love. Through stories, humor, scripture, and her trademark conversational style, Marilyn can help you pick up the pieces?or avoid the cave-in altogether. "This is a gutsy book! Marilyn tackles tough topics like addictions, pornography, divorce, and death but still manages to make me laugh. My favorite thing in life is to learn and still have a good time. I learned and I laughed while reading this book; great combination!" ?Luci Swindoll

### **What to Do When the Dr. Says It's Endometriosis**

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### **What to Do when Its Your Turn (and Its Always Your Turn).**

Explains the importance of good posture, shows the correct way to stand, walk, climb stairs, lift objects, and sit, and demonstrates helpful exercises.

### **What to Do When You Become the Boss**

Furnishing up-to-date, life-saving information for parents of premature infants, this valuable handbook addresses the needs of parents of preemies, as well as those with high-risk pregnancies, describing the diverse treatments, procedures, and outcomes available for premature babies, as well as potential risk factors, side effects, warning signs, and therapeutic options. Original. 20,000 first printing.

### **What to Do when You Don't Want to Call the Cops**

Polycystic Ovarian Syndrome (PCOS) is the number one cause of irregular periods and infertility in women - yet most gynecologists fail to diagnose it. The disorder causes irregular cycles, infertility, weight gain, acne, and unsightly hair growth -- symptoms that can ultimately prove life-threatening as well as uncomfortable, humiliating, and emotionally disruptive. Only recently have women realized the danger lurking in what they thought were stress-induced problems. While researchers haven't determined the cause of PCOS, they know it is linked to insulin resistance, which can be controlled fairly easily with a low-carb diet. Most PCOS cases are diagnosed by reproductive endocrinologists when a woman's

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infertility has led her to seek a specialist. WHAT TO DO WHEN THE DOCTOR SAYS IT'S PCOS gives sufferers a diet and nutritional treatment program that goes beyond the usual regimen of birth control pills and fertility drugs. The millions of women victimized by this debilitating and demoralizing disorder will undoubtedly welcome this new program as an alternative or as a supplement to their current treatment plan.

### **What to Do When the Shit Hits the Fan**

### **What to Do When Your Family Has to Cut Costs**

Sibling rivalry isn't always harmless. Even though all brothers and sisters fight sometimes, this fighting can escalate to bullying. Living in the same house with a bully can be very difficult. It can also be hard to talk to family members about these issues. Instructive text and up-to-date anti-bullying tips provide readers with the tools they need to confront sibling bullying.

### **What to Do when Your Temper Flares**

The creator of Twiniversity delivers the ultimate survival guide for parents of twins The rate of twin births has risen 79 percent over the last three decades, and continues to increase. A mom of fraternal twins and a national guru on having two, Natalie Diaz launched Twiniversity, a supportive website with

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advice from the twin-trenches. *What to Do When You're Having Two* is the definitive how-to guide to parenting twins, covering how to make a Birth Plan checklist, sticking to one sleep schedule, managing double-duty breastfeeding, stocking up on all the necessary gear, building one-on-one relationships with each child, and more. Accessible and informative, *What to Do When You're Having Two* is the must-have manual for all parents of twins.

### **What to Do When Someone You Love Is Depressed, Second Edition**

Rheumatoid arthritis is a painful, incurable connective-tissue disease that attacks the hands, feet, and joints and may lead to deformities and permanent disabilities. This book, written by a doctor and health journalist will offer comprehensive medical advice and lifestyle information for the nearly three million Americans who suffer from this disease. The book uses mind-body techniques and alternative medicine to cope with the pain and discomfort, including information on: Pain relief Exercise Nutrition Managing your relationship with your doctors

### **What to Do When the Roof Caves In**

Describes ways to deal with feelings and issues that might occur when a families loses its home.

### **Beloved Alcoholic**

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What to Do When Fears Interfere: A Kid's Guide to Dealing With Phobia by Jacquie Toner, PhD and Claire Freeland, PhD -- This is the next book in our What to Do series; this book is about dealing with persistent and interfering fears (phobias) and coaches kids to deal with a phobia, gradually building confidence to face their fear and more and more challenging situations.

### **What to Do When Your Back Is in Pain**

Describes ways to deal with feelings and issues that might occur when families have to live on a tighter budget.

### **Stop GOING to Church**

Hildy does NOT like green vegetables and every night at dinnertime she is expected to eat the green vegetables on her plate. What is Hildy supposed to do?

### **What to Do When Your Kid Is Smarter Than You**

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher.

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### **What to Do When Your Family Is on Welfare**

Using activities and interactive projects, instructs readers on ways to control angry thoughts and actions.

### **What to Do When Your Family Is in Debt**

The next book in our What To Do? series, this book is a comprehensive guide to dealing with asthma from a top asthma physician. Asthma has reached epidemic proportions in the Western world, and nobody is really sure why-there are lots of theories, but no real cure for the millions of children and adults who suffer from this life-threatening disease. This book offers information and solutions, based on cutting-edge research, for the newly diagnosed asthma patient and his caregivers.

### **What to Do When Your Mom Or Dad Says "Stand Up Straight!"**

Does it really help women to think of sexual harassment primarily as a legal issue? High-profile sexual harassment suits, such as that of Paula Jones against President Clinton, are often life-changing events, with all parties coming away with careers, reputations, and lives profoundly affected. Women have long suffered on the job from sexual extortion, now called quid pro quo harassment, but today the controversy centers on "hostile environment" harassment. Every one has an opinion about it; managements spend more and more money training people not to do it; and still the suits strike like lightning-devastating and seemingly random. Women and men often feel polarized in the workplace by

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what they perceive to be general hostility couched in sexual terms. *What to Do When You Don't Want to Call the Cops* questions establishment assumptions that women are, by definition, passive victims who require government help. It sees instead a period of transition toward a more balanced population of women in the workplace, with accompanying disruptions that can be minimized by understanding. Joan Kennedy Taylor presents what we know about the workplace and interviews managers, labor experts, and workers in such male-dominated fields as construction, engineering, business, and medicine to shed light on the male group culture that exists without women. She illustrates expressive behaviors that may be objectionable but are not sexual harassment and proposes specific strategies by which these objectionable behaviors can be countered, including a new feminist approach in company training programs. Taylor examines traditional and nontraditional workplaces, and female on male as well as male on male harassment, in order to apply these strategies to the entire picture. Lively and anecdotal, Taylor's balanced, non-adversarial study fills an important gap by providing strategies for businesses and employees, as well as for those who find themselves the target of sexual harassment.

### **What to Do When a Loved One Dies**

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through writing and drawing activities and self-help exercises and strategies.

### **What to Do When You Grumble Too Much**

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Via a pirate theme, teaches school-age children techniques to reduce and overcome feelings of jealousy and envy through writing and drawing activities and self-help exercises and strategies.

### **What to Do When You're Having Two**

### **What to Do When It's Not Fair**

Endometriosis affects five and a half million women and girls in North America, as well as millions more worldwide. A painful, chronic disease, endometriosis symptoms respond favorably to a variety of medications and procedures. Knowledge and information will help endometriosis sufferers make wise and informed decisions. Book jacket.

### **What to Do when an Employee is Depressed**

### **What to Do When You Worry Too Much**

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome negativity, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher.

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### **What to Do When the Doctor Says Its Asthma**

Describes ways to deal with feelings and issues that might occur when a family is on welfare.

### **What to Do When Your Baby Is Premature**

A guide to unemployment, what it is, what it may mean for your family, and how you can help.

### **What to Do When the Doctor Says It's PCOS**

A clinical psychologist describes the warning signs of clinical depression and explains how to offer comfort, maintain communications, deal with the mental health community, and handle suicide threats, in an updated manual. Original. 15,000 first printing.

### **What to Do When It Rains**

As part of our What to Do When the Doctor Says series, this book will help people newly diagnosed as well as those long-suffering with the disease to 1) understand the disease, 2) treat the disease, and 3) live with the disease. Number three is most important as this is a disease with no cure which requires vigilance in diet, exercise, and medication on a daily basis.

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### **What to Do when a Friend is Depressed--**

EXHILARATING—that's the word that comes to mind whenever we have the chance to experience the highest roller coaster or hook into the biggest fish out on the ocean. It is the feeling of the challenge, the opportunity to do something, perhaps for the first time or the last time on earth. This book is designed to make you feel excited again about your walk with the Lord Jesus and your work in His kingdom on this earth. Until this point, you may have been going through the motions (like being on a merry-go-round), moving but not really going anywhere. Or maybe you jumped off the ride a long time ago. Stop Going to Church will move you out into the open streams again, where God can use you to do something amazing for Him, before your ride is over. Every one of us wants to leave a mark on this world. Each of us wants to know that what we have built with our lives will change people long after we leave. God wants to use us to do just that. But that simply won't happen if all we do is walk where everyone has walked. Your special ministry awaits you. Step out in faith, and let God do something really unique with your life. Trust Him—take the challenge and let this book get you moving in that direction!

### **What to Do When the Doctor Says It's Diabetes**

Bullies aren't always enemies, sometimes they can be close friends. But what can a kid do when speaking up may ruin a cherished friendship? There are several approaches that can be taken, from speaking with the friend about his behavior to buddying up and more. With these savvy tips provided in a sensitive manner, kids will learn how to influence others for the better.

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## **What to Do When Your Family Loses Its Home**

A guide to debt, what it is, what it may mean for your family, and how you can help.

## **What to Do When Your Friends Are Bullies**

Describes the skills and supplies that individuals and families need to prepare for emergencies like terrorist attacks and natural disasters, and offers survival tips and advice related to evacuation, shelter, food, water, and first-aid.

## **What to Do When the Power Fails**

Have you ever felt nervous in new situations? Reluctant to introduce yourself? Afraid to ask questions? We all have. But if you let those worries stop you, you may miss out on real opportunity. Whether you're changing jobs, joining a group, or moving to a new city, putting yourself out there enriches life and brings rewards. *What to Do When You're New* combines the author's research with that of leading scientists to explain why we are so uneasy in new situations-and how we can learn to become more confident and successful newcomers. With practice, anyone can get better at being new. This original book opens your eyes to the necessary skills and teaches you how to: \* Overcome fears \* Make great first impressions \* Talk to strangers with ease \* Get up to speed quickly \* Connect with people wherever you go Blending stories and insights with simple techniques and exercises, this one-of-a-kind

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guide will get you out of your comfort zone and trying new things in no time.

### **What to Do When Your Parent Is Out of Work**

"What to do When Your Back is in Pain" is an article written by Carol Lewis that originally appeared in the March-April 1998 issue of "FDA Consumer," a magazine published by the U.S. Food and Drug Administration (FDA). Lewis notes that back pain comes in two forms, acute and chronic, and is most often felt in the lower back. She discusses pain management options, exercise and physical therapy, surgical procedures, and acupuncture. The FDA presents the article online.

### **What to do when the doctor says it's early-stage Alzheimer's**

### **What to Do When Your Brother or Sister Is a Bully**

A practical reference draws on the expertise of funeral directors, attorneys and psychologists to counsel readers on needs ranging from addressing estate challenges and planning a funeral to making arrangements for survivor benefits and obtaining grief therapy. Original.

### **What to Do when Your Brain Gets Stuck**

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Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life.

### **What to Do When the Doctor Says It's Rheumatoid Arthritis**

Everyone worries that they-or someone they love-will one day develop Alzheimer's. We lose our keys, forget someone's name, and wonder "Am I having a senior moment or is the early stages of Alzheimer's?" Alzheimer's disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. As Alzheimer's progresses, individuals may also experience changes in personality and behavior. Although there is currently no cure for Alzheimer's, early treatment can make an enormous difference in quality of life for patients and their families.

### **MIMI'S STRATEGY**

This updated edition tells you what you need to know about managing in a global environment - dealing with social media, managing change, and virtual and remote teams. Congratulations. You got the promotion ? you're finally THE boss. You've been rewarded for knowing your stuff BUT as a first-time manager, you may not know how to be a good manager. Where do you start? How do you get things

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done? Bob Selden's always practical book offers seasoned advice to help you make a success of your new role.

### **What to Do When Fear Interferes**

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