



Overcoming Disabilities Despair: 9 steps for talking away what's getting you down

Michael D LeBow Ph.D.

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Disabilities Stink... Life gives everybody things they can't control. Sometimes, even the most capable and productive people hit against a personal limitation and get discouraged over things they can't do. With some of us, it can be something relatively small, like aches and pains that limit ability to play with our grandchildren, small disappointments. For others, the barriers and hurdles may be much more substantial. So what do you do when life hands you a major setback? Do you quit, sink into despair and wait for something good to happen to get you past the depression? This book offers practical help. Dr. Michael LeBow knows intimately the challenges of despair-but more than that- in *Overcoming Disabilities Despair* he reveals a systematic approach using Cognitive Therapy to rise above, attack and defeat the disabilities despair that can block us from effective happy living. While light-heartedly sharing some of his own stories of frustration, Dr. LeBow walks us through practical systematic tools and procedures to reclaim optimism

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