



## Pocket Posh Quick Thinking: 50 Puzzles

By The Puzzle Society

Andrews McMeel Publishing. Paperback. Book Condition: new. BRAND NEW, Pocket Posh Quick Thinking: 50 Puzzles, The Puzzle Society, Are you good in a crisis? Responding well to unexpected developments is a skill we all can learn. Like a friend in need, this simple-to-use guide can help you out of a tight spot. It provides tips on how to stay calm under pressure and how to manage competing demands on your time. After explaining how a typical brain works under pressure, the book demonstrates simple techniques for helping yourself cope in a crisis. It gives practical guidance on how to find creative but workable solutions to seemingly insoluble problems and how to plot your way back to calm waters by working out a series of small, achievable goals.



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### Reviews

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