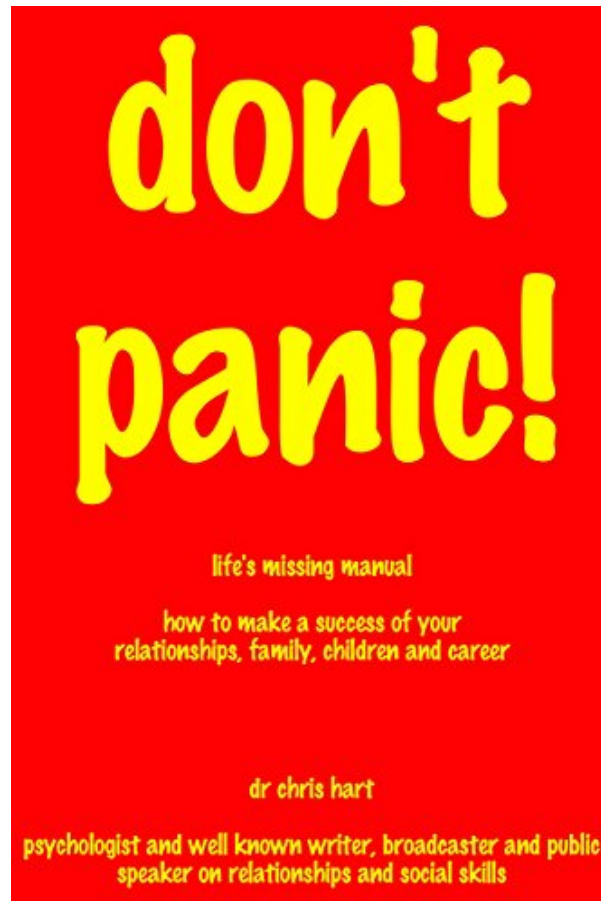


DON'T PANIC!: LIFE'S MISSING MANUAL

BY CHRISTOPHER HART



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Life can get complicated, and very messy, especially once you're grown up and in the midst of a marriage and career. And yet schools hardly teach any of the skills you need to make your life a success. Mostly we just have to pick it all up as we go along.

Hence this book. It's the first in a series covering a whole range of things that go on in our lives, especially relationship and career issues. They lean heavily on what psychologists have learned about being successful in life over the past hundred years, and on what I've learned in my coaching and counselling practice.

The material was originally written for newspaper and magazine articles, TV and radio broadcasts over a number of years. It's been extensively rewritten to bring it right up to date, and is presented in the order the material were originally written. So if you just keep turning over the pages, you'll find yourself on a random walk through life's problems and issues. That can be really good fun, but probably you'll have specific interests you want to read about.

So the articles are organised in categories covering the key issues in adult life. For example how and why we do the things we do, the ways man and women behave, dating and courtship, marriage and the family, careers and so on.

Enjoy!

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