

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



**Psych Up Live**  
**Thursday at 11 AM Pacific**  
**August 30th 2018: Encore: Coping With Life Stressors and the 7 Mid-life Tsunamis**

Most people have faced unexpected stressful situations. There are even times, often in midlife, when it seems like the challenges just won't stop. In this episode, psychologist and author, Dr. Pete Stebbins, using surfing as a metaphor, draws upon his clinical and personal experience to offer strategies for coping and proceeding effectively with life. Whether facing the stress of divorce, illness, bereavement, wedding plans or debt, we are guided to consider how to appraise the problem, understand our personal stress reactions, manage mindset, regulate emotions, and re-set lifestyle and purpo

[Read more](#)



#### Tune in

Thursday at 11 AM Pacific  
Time on VoiceAmerica Variety  
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?  
Call In Live! Call-In  
Toll Free: 1-866-472-5788  
Intl: 001-480-398-1394

#### Featured Guest



##### Dr. Peter Stebbins

Dr. Pete Stebbins is an Executive Coach, Clinical Psychologist, and author of The Seven Mid-life Tsunamis, The Stress Surfer: Ride the Waves of life Without the Stress as well as six other books which address a range of life situations and unexpected crisis. Using surfing as his metaphor, he draws upon research, 20 years of clinical experience and his own life to clarify life strategies that help people cope and move forward

[Read more](#)

#### Share This Episode



#### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)