











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

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#### **Featured Guest**

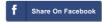


### **Dr. Peter Stebbins**

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 forwar

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