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Challenging Life's "Ins and Outs"

Red Becker

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Challenging Life's "Ins and Outs" Red Becker
Challenging Life's "Ins and Outs" is about the science of Life Recovery, Social Skills, Spirituality, Organizing and other subjects. Piloted by out Lord Jesus Christ and Authored by Red Becker with co-Authors Debbie Becker and Reverend Larry Williams, they will show you how "People with Issues Solving Issues' can Challenge, Adapt, Overcome, Improvise and Conquer their Mental Illnesses. Well OK, we're trying real hard, we still crash and burn, and that's OK, it's part of the process. This process is by a few real people doing the process every day "Challenging Life's 'Ins and Outs". We talk about how to identify "normalcy", on how many "hats" that you wear, constructing the Safe Wall in your mind with the Safe Shelf to hang your hats and stack your boxes. What are boxes? Your boxes are events, traumas, issues, sins and other malfunctions that you need to process from time to time, but if you can Box these memories, then you don't have to think about the bad--The Outs--as much. If a box falls off the Safe Shelf, then you process it with our Twelve Step method. There are many other subjects besides just the processing the boxes, emotions, weighing the cost of choice, filters, "Deb's Cleaning Closet", Return of the Boxes, Adaptation, Simplicity, Social Skills, Spirituality, Conquering Life's "Ins and Outs", Introduction to Organizing and Blank Forms, Common Sense, Mental Health, CPR and First Aid, Home Safety and Counter Crime, as well as many more subjects. 170 pages and 114 Life Lessons

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