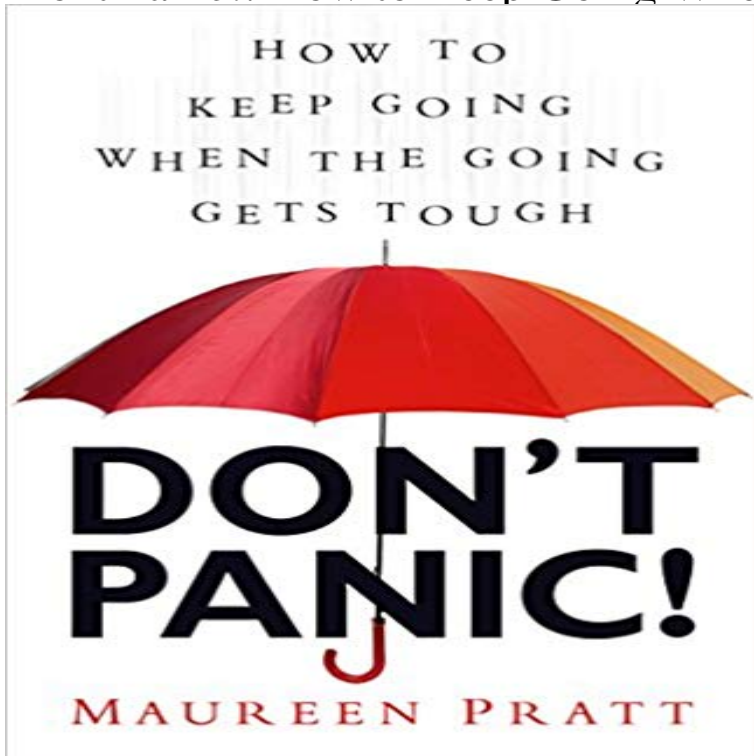


Dont Panic!: How to Keep Going When the Going Gets Tough



In this immensely comforting book, Maureen Pratt—award-winning playwright, journalist, patient advocate, and author of the syndicated column *Living Well*—offers antidotes to panic and despair. Using science, personal experiences and inspiration from the lives of others, Pratt asserts that the times that try men's souls can, in fact, strengthen us. Memories of surviving them can give us greater courage. And most importantly, they enable us to witness how the Spirit works no matter what might be falling apart around us. For anyone dealing with out-of-control events, this book will be a welcome guide to nurturing the internal resources given us directly by the Creator—among them creativity, adaptability, foresight and compassion—that enable us to be stable when we are shaken and safe when we are bruised. We do not need to take on the cloak of victim. We do not have to crumble under the weight of adversity. We don't need to panic. But we could all use a bit more strength and courage. *Dont Panic!* is a companion for anyone who needs help discovering the spiritual strength and heroic qualities within themselves.

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