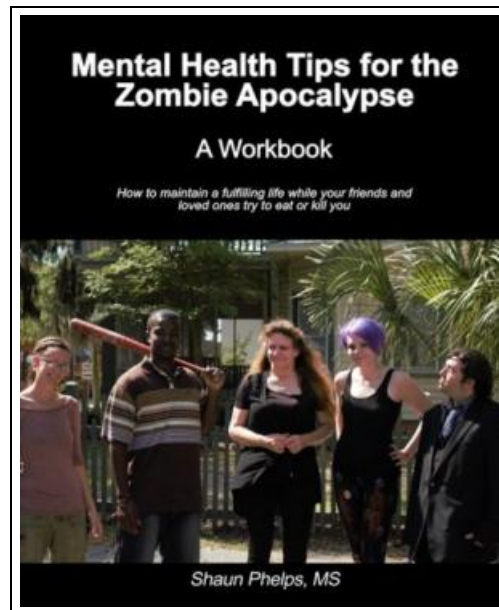


## Mental Health Tips for the Zombie Apocalypse: A Workbook (Paperback)



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*Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modified the way in my opinion.*

*(Hank Runte)*

## MENTAL HEALTH TIPS FOR THE ZOMBIE APOCALYPSE: A WORKBOOK (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Dominique Divine (illustrator). Workbook. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I read this book late at night after everyone else was in bed and I almost injured myself trying not to laugh too loudly. Even though I narrowly avoided a trip to the ER I enjoyed this workbook immensely and it is definitely a book that I will get in the dead tree version as well. Shaun Phelps has a real winner in this book not only does it have helpful tips it is also hilariously funny. After reading this book and my hands on experience I feel like a mental health expert so hurry and grab your copy today. -Rosa Thomas-McBroom There has been a great deal of thought as to how to prepare oneself for a zombie apocalypse: Gather ammunition, food, find a safe and secure facility, etc. We have seen it time and time again on the movie screen and in books. The best intentioned characters and air-tight security strongholds appear impenetrable at first glance, but by the end of the story something has gone tragically awry. There is a common theme to this awryness: People. Unlike food and bullets, people serve their own purpose. Their purpose is survival. It doesn't matter how much you know or love your friend, family member, or whomever. No one is more important to any person than themselves. How could they be? They grew their entire lives in their body. Can you pretend to know someone else's thoughts? Do you expect other people to know yours? But I digress-we obviously don't have time for lectures. People are funny things, they have brains with excesses or absences of hormones; they have impulsive behaviors and...

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