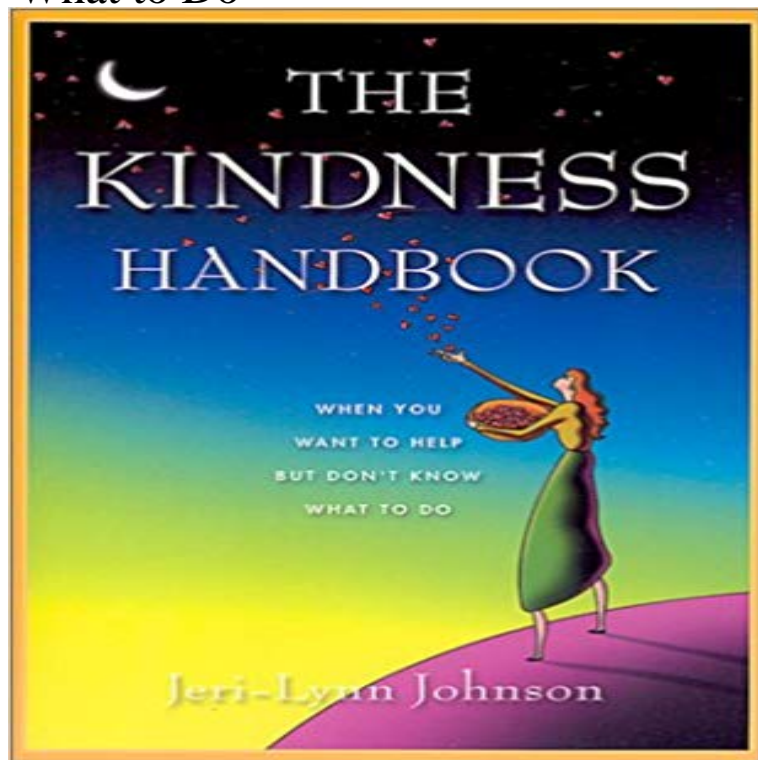


The Kindness Handbook: When You Want to Help, But Dont Know What to Do



If there is anything I can do to help, please call me. So many of us leave it at that. But how do you extend meaningful help to people in need? Author Jeri-Lynn Johnson offers specific, practical suggestions for what you can do when someone you know is struggling to cope with trauma caused by: ** Abuse ** Addiction ** Death and Suicide ** Disability ** Diseases ** Moving (Relocating) ** Physical Pain ** Surgery ** Difficult Teenagers ** Unemployment Here are recommendations of what to say and what not to say. Specific acts of kindness that will help relieve stress, anxiety, hopelessness, or fear. This ready reference will help anyone who has a willing heart but who might wonder, How can I be of assistance?

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, viraal reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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