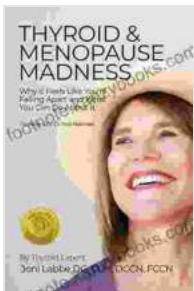


Cracked: Why It Feels Like You're Falling Apart and What You Can Do About It

Have you ever felt like you were falling apart? Like you were a jigsaw puzzle that had been scattered to the wind, and you didn't know how to put yourself back together again?



Thyroid & Menopause Madness: Why It Feels Like You're Falling Apart and What You Can Do About It

by Max Scott

★★★★☆ 4.2 out of 5

Language : English
File size : 2934 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 217 pages
X-Ray : Enabled



If so, you're not alone. Millions of people around the world struggle with mental health issues, and many of them feel like they're falling apart.

In her groundbreaking new book, *Cracked: Why It Feels Like You're Falling Apart and What You Can Do About It*, Dr. Stephanie Sarkis answers the question: why do I feel like I'm falling apart?

Dr. Sarkis is a clinical psychologist and mental health expert who has spent years working with people who are struggling.

Drawing on her experience and research, she identifies the seven most common reasons why people feel like they're falling apart. These reasons include:

- Trauma
- Loss
- Change
- Stress
- Unrealistic expectations
- Negative self-talk
- Lack of support

Once you understand why you're feeling like you're falling apart, you can start to take steps to heal.

In *Cracked*, Dr. Sarkis provides transformative strategies to help you:

- Cope with trauma
- Grieve loss
- Manage change
- Reduce stress
- Challenge unrealistic expectations
- Stop negative self-talk
- Build a support system

If you're feeling like you're falling apart, *Cracked* is the book for you.

Dr. Sarkis's insights and strategies will help you to understand why you're feeling the way you do and will provide you with the tools you need to heal.

Free Download your copy of *Cracked* today and start on the path to healing.



About the Author

Dr. Stephanie Sarkis is a clinical psychologist and mental health expert who has spent years working with people who are struggling.

She is the author of the bestselling book *Gaslighting: Recognize Manipulative and Emotionally Abusive People and Break Free*.

Dr. Sarkis has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and *The Today Show*.

She is a sought-after speaker and consultant, and her work has helped millions of people around the world.



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