



Crisis Points: Working Through Personal Problems

Julian Sleigh

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Everybody goes through a major crisis at some point in their life. We may need to help ourselves, or seek ways to help a friend through a hard time. As a counselor, Julian Sleigh has helped many through a crisis in their lives. He has distilled these years of experience into a process of twelve steps that help to resolve difficult situations of all kinds. The steps are designed to allow us to face the facts of our lives and to perceive the feelings and emotions that come from within our destiny.

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