



Your Personal Tool Kit for Life

Lara Wibeto

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Your Personal Tool Kit for Life Lara Wibeto

Lara Wibeto has combined over a decade of work in the mental health field, her teaching experience, political endeavors, and personal triumphs into a unique memoir and self-help guide with "Your Personal Tool Kit for Life: Facing a Major Life Renovation and Constructing the Best Life Possible." She shares many insights learned as she worked to overcome sudden illness, and how her social work and teaching careers led her to the political realm as a community advocate and political candidate. She also describes how everyone can take the steps necessary to remain focused on personal happiness and goal achievement. This is a how-to for personal happiness in which the author assists readers in identifying obstacles to personal happiness, self-esteem, and life goal attainment by creating coping strategies. At the same time, Wibeto points out ways to develop more effective methods for achieving personal happiness while building the life the reader desires, developing a personal tool kit that contains the most effective tools for the situation or crisis at hand. The author shares her story, including the stories of those whom she helped to beat the odds when faced with seemingly insurmountable challenges.

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