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Monica Seles' autobiography - Getting a Grip On my game, my body, my mind...my self - is fantastic.

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Getting a Grip chronicles Monica's success on the tennis circuit

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where, at age sixteen, she became the youngest winner in French Open history. For three years she dominated the tour For those of you tuned into this past season's Dancing with the Stars , it's hard to believe that spectacularly fit former tennis champion Monica Seles struggled with binge-eating and depression.

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As much, as possible, de-clutter and streamline your environment. It will be easier to work your plan and get a grip on your life if you

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get organized. Have a dedicated space for things you frequently use. This way you will spend less time looking for them. Consider using hooks, baskets, drawers, etc. dedicated to certain things.

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get a grip on something. phrase. DEFINITIONS 1. 1. to begin to understand a difficult situation and start to find a way of dealing with it. We need to get a grip on how dangerous this situation is. Synonyms and related words. -. To understand something.

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~~GET A GRIP ON SOMETHING (phrase) definition and synonyms~~

...

Clear Directions Enhance Use Of Time I have just finished reading 'Getting a Grip on Time' and 'Getting a Grip on the Paper War'. Particularly your book on 'Time' got me back on track, and during the day I catc..." Ingrid Geerlings, Owner, www.houseofmilk.com

~~Time Management Tips: Get A Grip on Your Work/Life ...~~

get a grip. Get hold of yourself, calm down. This imperative had several earlier meanings; one, dating from the 1940s in the military, was to put effort into what one was doing. Another, in college slang a few decades later, was to pay attention. The current meaning, however, is the one that has survived.

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~~Get a grip — Idioms by The Free Dictionary~~

Get a grip on crossword clue. Get a grip on crossword clue has appeared on today's Daily Themed Mini Crossword December 5 2019 Answers. A funny crossword game it's not news anymore, but a crossword game that each day throws new themed crosswords might become quite more noticeable. In Daily Themed Crossword you can choose from a range of topics such as Movies, Sports, Technology, Games, History, Architecture and many more topics that can challenge you every day differently.

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Getting a Grip chronicles Monica Seles's early success on the tennis circuit where, at age sixteen, she became the youngest winner in

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French Open history. For three years she dominated the tour, seemingly unstoppable, until a deranged Steffi Graf fan plunged a knife into her back during a match in Hamburg and turned her life upside down.

~~Getting a Grip: On My Body, My Mind, My Self: Seles ...~~

Getting A Grip: A #MyNewLife Romantic Comedy by M.E. Carter is THAT book. This is one of the best RomComs I have ever read and one so real, it knocked my socks off. Elena is a divorced mother of 3 young girls. A woman who is now single due to her jerk of an ex-husband that married a much younger woman.

~~Getting a Grip by M.E. Carter - Goodreads~~

A Battle Worth Fighting: Getting a Grip on my Weight. Dina Ley.

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... After trying a few other things I found my gym. When I joined Fitlife, I was about 4 months into my goal, I weighed 165 pounds ...

~~A Battle Worth Fighting: Getting a Grip on my Weight | by ...~~

The meth I have managed to get down to a very low dose usually once every 3 weeks & the other one by injection every 3 weeks. Similar to you i haven't really had anything worse then my DH and very rarely get colds. I have RA and exactly as you said I know I have to take the meds to prevent flare ups & basically a life of pain.

~~How to get a grip on my anxiety - vulnerable | Mumsnet~~

Replacing the grips on a golf club is crucial to keeping the same feel and comfort in your swing. Find out how to replace your golf club grips from a profess...

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Six Steps to Getting a Grip on Your Finances One note: the above post has some bad language in it, so skip this one if you're sensitive to that. The post itself still has good info, though, if you can overlook that. Favorite quote: "Not knowing how much you owe can make you feel better." This is so true!

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~~6 Steps to Getting a Grip on Your Finances—Your Finances ...~~

get a grip on (oneself) To control one's reactions or emotions, especially during or after a stressful situation. After losing her job, Jill needed to calm down and get a grip on herself in order to drive home safely. You're not going to be able to think clearly until you get a grip on yourself.

~~Get a grip on yourself—Idioms by The Free Dictionary~~

Get A F*cking Grip is the self-help book for people who hate self-help, offering simple no-nonsense advice that you can implement into all areas of your life, allowing you to get on with everything you've always wanted to do. Learning how to get a f*cking grip is the key to taking back control of your life.

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