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Monica Seles
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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

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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

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Monica Selos 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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Getting a Grip chronicles Monica Seles's early success on the tennis circuit where, at age sixteen, she became the youngest winner in French Open history. For three years she dominated the tour, seemingly

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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,~~

Page 26/40

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~~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

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Monica Selles
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.

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

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+ by ...~~

The meth I have managed to get down to a very low dose usually once every 3 weeks & the other one by injection

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Monica Soles 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

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golf club is crucial to
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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

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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!

~~6 Steps to Getting a Grip on~~

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~~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

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Monica Sales
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~~

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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,

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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.