

AMAZEBAZAAR PUBLICATIONS

A Practical Guide to Overcoming Life's Biggest Challenges

How to Handle Bad Times

The storm is not the end of your story.

A stylized mountain range graphic at the bottom of the page. It consists of several overlapping triangular peaks in shades of teal and dark green. The author's name is centered over the middle of these mountains.

SUMAN BISWAS

HOW TO HANDLE BAD TIMES

How to Handle Bad Times

A Practical Guide to Overcoming Life's Biggest Challenges

by
Suman Biswas

First Edition · 2026

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How to Handle Bad Times: A Practical Guide to Overcoming Life's Biggest Challenges

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Disclaimer

This book is written to inform, encourage, and support. It is **not** a substitute for professional medical, psychological, psychiatric, legal, or financial advice, diagnosis, or treatment.

If you are struggling with persistent sadness, hopelessness, anxiety, or thoughts of harming yourself, please reach out to a qualified professional or someone you trust today. In an emergency, contact your local emergency number right away. In India, you can call the emergency number **112**, or the government's free mental-health helpline **Tele-MANAS at 14416 or 1-800-891-4416**. If you live elsewhere, your country's health service or a local crisis line can connect you with help.

The stories in this book are **composites**. Names, places, and identifying details have been changed, and several experiences have been combined, to protect privacy and to illustrate common patterns. Any resemblance to a specific living person is coincidental. Where well-known public figures are mentioned, the information comes from widely reported public sources.

Scientific findings are summarised in plain language for general readers. Research evolves, and individual circumstances vary. Use your own judgement, and consult a professional before making major decisions about your health, relationships, or money.

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Dedication

*To everyone reading this at two in the morning,
wondering how they will make it through tomorrow.*

*You already made it through every yesterday.
That counts for more than you think.*

*And to my family in Chapra,
who taught me that hard seasons end,
and that people who keep showing up are the ones who see spring.*

Preface

Nobody plans for bad times.

We plan for exams, weddings, careers, and holidays. We make lists, save money, buy new clothes. But nobody sits down on a sunny Sunday and writes, "*Plan for the year everything falls apart.*" And yet, sooner or later, that year arrives for almost all of us.

Sometimes it comes as one loud crash — a phone call from a hospital, a letter from an employer, a conversation that ends a marriage. Sometimes it comes quietly, like water seeping into a wall: a slow loss of motivation, money that never quite stretches to the end of the month, a friendship that fades without anyone saying goodbye.

I wrote this book because I noticed something. When life goes wrong, people get plenty of advice, and most of it falls into two unhelpful piles. The first pile says, "*Stay positive! Everything happens for a reason!*" — which can make a hurting person feel like their pain is a mistake. The second pile is so technical, so full of jargon, that a tired mind cannot use it.

I wanted to write something in between. A book that is honest about how much bad times hurt, but that refuses to leave you stuck there. A book that explains what is happening in your mind and body in plain language, and then hands you something to *do* — today, this week, this month.

You do not need to read this book in one sitting. In fact, please don't. Read a chapter, try the exercises, sit with the reflection questions, and give yourself time. Healing is not a race. It is more like walking up a hill on a foggy morning: you cannot see the top, but every step is real.

If you are in a hard season right now, I am glad you picked this up. It tells me something important about you: some part of you is still searching for a way forward. Hold on to that part. This book was written for it.

— **Suman Biswas**

Kolkata, 2026

About the Author

Suman Biswas is a writer, designer, and digital creator from Chapra in the Nadia district of West Bengal, now based in Kolkata, India. He holds a Bachelor's degree in Political Science from the University of Kalyani — a background that gave him a lasting curiosity about people, communities, and the forces that shape ordinary lives.

Through **Amazebazaar.com**, Suman creates practical, easy-to-follow ebooks designed for real readers with real problems — books that explain clearly, respect the reader's intelligence, and always end with something useful to do next. He writes in English and speaks English, Bengali, and Hindi.

How to Handle Bad Times draws on widely published research in psychology and wellbeing, on the experiences of the many people whose struggles inspired the composite stories in these pages, and on the lessons of the author's own difficult seasons. Suman is not a doctor or licensed therapist, and he wrote this book to sit *alongside* professional help — never to replace it.

When he is not writing, Suman designs websites and digital experiences, reads widely, and believes firmly that a cup of tea and an honest conversation can fix more than people expect.

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How to Use This Book

This is a *working* book. It is meant to be written in, argued with, and returned to.

 **Read one chapter at a time.** Each chapter teaches one new set of ideas. Give each one at least a few days before moving on.

 **Keep a notebook or journal nearby.** Every chapter has exercises and reflection questions. The real change happens when you answer them on paper, not just in your head.

 **Jump to what you need.** The chapters build on each other, but if you are facing a specific crisis — a job loss, a breakup, money trouble — you may go straight to that chapter. Then come back to the beginning when you can.

 **Repeat what works.** If one exercise helps you, keep doing it. The appendix collects the worksheets and trackers so you can print them again and again.

 **Don't do it alone.** This book is a companion, not a replacement for people. Share an exercise with a friend. Talk to a counsellor. Let someone in.

Throughout the book you will see these markers:

Marker	Meaning
 Tip	A quick, practical idea you can use immediately
 The Science	What research tells us, in plain language
 Exercise	A written or practical activity
 Reflect	Questions to think about honestly
 Action Steps	Small, concrete things to do this week
 Key Takeaways	The ideas worth remembering