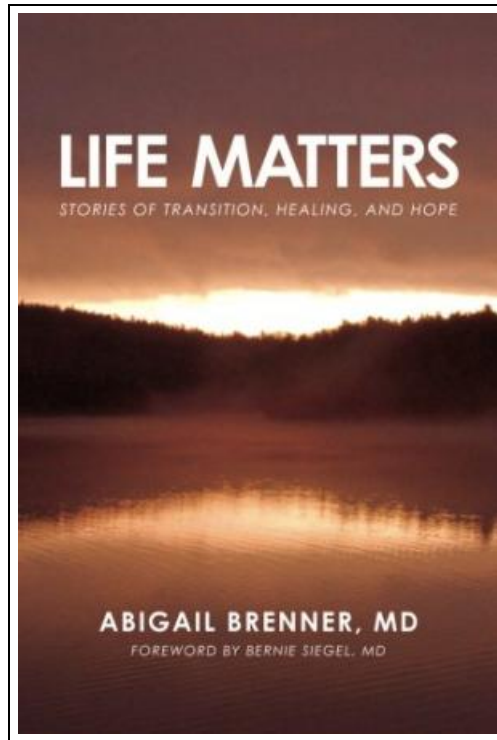


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LIFE MATTERS: STORIES OF TRANSITION, HEALING, AND HOPE (PAPERBACK)



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Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.No matter how difficult it might seem, change is always positive. *Life Matters: Stories of Transition, Healing, and Hope*, by psychiatrist and interfaith minister Abigail Brenner tackles the transitions in our lives and shows how they can empower us. Brenner moves through all cycles of life, letting the people going through these transitions tell their own stories. A young parent adjusts to life with a newborn. A young adult, ready to move out and make a new life, finds her own voice. From the stress of moving from a familiar place to an unfamiliar one, to finding the job that feeds your soul as well as your wallet, *Life Matters* shows you how you can get through these changes and come out on the other side a better person. Learn to chart your feelings, advises Brenner. Assert yourself and get the support you need. For true healing to occur, she states, you must become an active participant and advocate of your own wellness. The key lies in the pursuit of balance within the self: taking care of your body, having an optimistic attitude about yourself and life, and connecting to a source of spiritual belief. A physical crisis has the enormous potential of becoming a healing moment. Do not shy away from your own light, says Brenner. Life is all about change and this warm and inspirational book can help you make the most of all your transitions. From the foreword by Bernie Siegel, MD: When something happens to alter our life or we learn something new, we have to begin a new life if we are to survive. It is not an accident that the universal therapeutic theme is for all of us...



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