



Life Matters: Stories of Transition, Healing, and Hope (Paperback)

By Abigail Brenner MD

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...



READ ONLINE
[1.06 MB]

Reviews

Absolutely essential go through ebook. It can be rally exciting throgh studying period of time. Its been written in an exceptionally simple way in fact it is only right after i finished reading this pdf where basically modified me, modify the way i believe.

-- **Iliana Hartmann**

Extremely helpful to all type of folks. It is among the most awesome pdf i actually have study. I found out this pdf from my dad and i recommended this pdf to discover.

-- **Dayana Turner**