



Silver Linings: Finding Hope, Meaning and Renewal During Times of Transition

Melissa Gayle West

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Silver Linings: Finding Hope, Meaning and Renewal During Times of Transition *Melissa Gayle West*
This is a book that shows people how the worst things that happen to them can often be blessings in disguise, and how to use make the most of those blessings -- as catalysts to lasting and significant life changes.

When life seems unfair, it's easy to lose hope and give in to despair and bitterness. But in *Silver Linings*, psychotherapist Melissa West shows how to create meaning from life-shattering events, making misfortune not a death sentence but rather a call to courage and change.

With this practical and inspirational program, West takes readers through the three stages of Loss, Wilderness, and New Life, a journey that leads to wholeness and wisdom.



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