



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

Melissa Gayle West

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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, itÆs 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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