



# The Ten Things to Do When Your Life Falls Apart: An Emotional and Spiritual Handbook

*Daphne Rose Kingma*

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Add layoffs, foreclosures, and skyrocketing health-care costs to the inevitable crises of every life, and you have today's landscape. Amid these challenges, even those who thought they had solid coping skills feel that their center cannot hold as things fall apart. In her first book in many years, bestselling author Daphne Rose Kingma takes us on a path of emotional and spiritual healing, with particular attention to the complex and frequently overwhelming circumstances of our lives right now. The perfect combination of empathic friend, sage counselor, savvy problem solver, and even gallows humorist, Kingma looks straight into the predicaments so many of us face. She then offers ten deceptively simple yet profoundly effective strategies for coping on practical, emotional, and spiritual levels.

The devastating events cannot be changed, but after reading this book, you will be, having recovered a sense of equanimity, spirit, and strength. Whether you're struggling with money issues, job loss, relationship problems, an unexpected health crisis, or all of the above, this book will light your path and heal your heart.



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