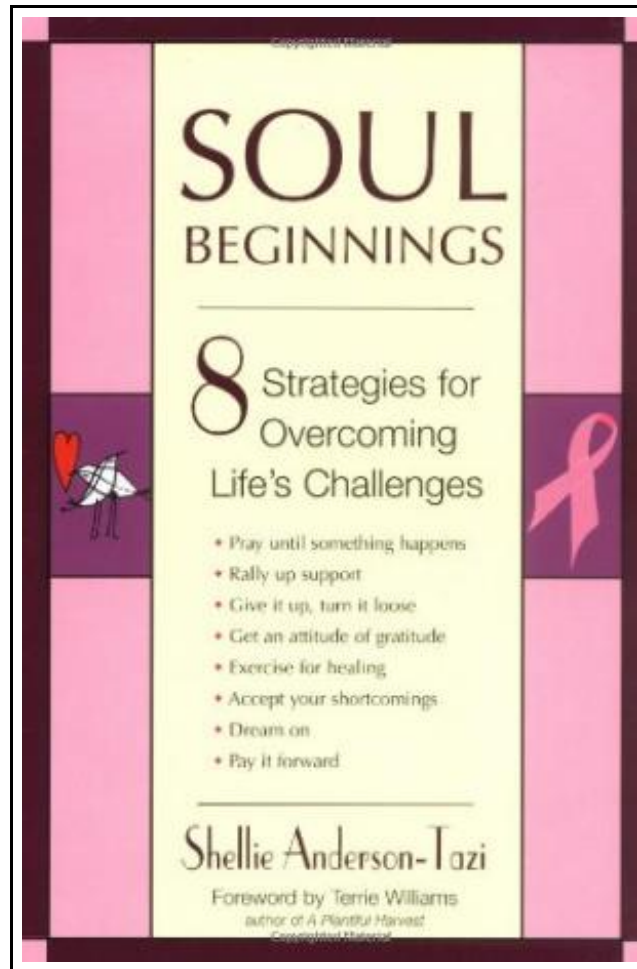


## Soul Beginnings: 8 Strategies for Overcoming Life's Challenges (Paperback)



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
*(Hank Treutel)*

## SOUL BEGINNINGS: 8 STRATEGIES FOR OVERCOMING LIFE S CHALLENGES (PAPERBACK)



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Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. At 29, Shellie Anderson-Tazi lost her baby to premature labor. Nine months later, she was diagnosed with breast cancer and given less than five years to live. And just when she thought it couldn t get any worse, her husband walked out on her. But rather than admit defeat, Shellie decided to take matters into her own hands. Through hard work and perseverance, a little exercise and a lot of prayer, she was able to overcome her sorrows-and her cancer. Today, she s happily married with a beautiful son. Everyone goes through hard times. What s easy to forget is that the experiences we call tragedies can lead to unexpected blessings-if we know how to overcome them. In Soul Beginnings, Shellie uses her own experiences to show readers how to triumph over tough times and emerge victorious. She outlines an eight-step program that will teach people how to put winning strategies into play, including: - Step 1: P.U.S.H.-Pray Until Something Happens - Step 2: Rally up support - Step 3: Give it up, turn it loose - Step 4: Get an attitude of gratitude - Step 5: Exercise for healing - Step 6: Accept your shortcomings - Step 7: Dream on. - Step 8: Pay it forward.

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