



Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives

By Mira Kirshenbaum

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Can it really be true that everything happens for a reason? As amazing as it sounds, it is. There is significance in every event of our lives, from the most joyful and empowering to the inexplicable or seemingly unjust. In *Everything Happens for a Reason*, psychotherapist Mira Kirshenbaum encourages us to discover the meaning in what has happened to us, seeing these experiences as gifts, lessons, or opportunities. Building on more than twenty-five years of clinical research, Kirshenbaum helps us decode the confusing or unfortunate moments in our lives and find solace and strength.

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Editorial Review

From Publishers Weekly

If you believe that "everything happens for a reason," you might find solace in this well-written self-help guide by psychotherapist Kirshenbaum (best known for the relationship guide *Too Good to Leave, Too Bad to Stay*). Her premise is that "that no matter what happens to you, not only does something valuable come out of it but it's just what you need." Kirshenbaum details in separate chapters the 10 possible life lessons one might learn from unhappy life events, ranging from self-acceptance, feeling at home in the world and letting go of fear to finding true love or your hidden talents. Readers answer diagnostic questions to determine which lesson might be theirs. There is also a wealth of advice, such as a seven-step method to overcome fear and a list of the 10 elements of true love. Kirshenbaum is careful to note that what you learn doesn't make up for what you have lost. Still, the case studies always end positively. And some don't ring true: how likely is it that a mother will see the birth of a very sick infant as an opportunity to let go of fear? If you don't believe there is comfort to be found in life's worst events, this book isn't for you. But if you've undergone a tragedy and are desperate to find meaning in it, Kirshenbaum's smooth, comforting tone may give you some direction.

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Review

"Mira Kirshenbaum is a wise and seasoned guide, her book a welcome map of the difficult terrain of life."
—Dr. Dorothy Firman, coauthor of *Chicken Soup for the Mother and Daughter Soul*

"In a loving universe everything does happen for a reason, and in Mira Kirshenbaum's book we are persuaded that the universe always has our best interests at heart—even in our darkest moments."—Gavin de Becker, bestselling author of *The Gift of Fear*

"Brilliant, beautiful, and bound to make a profound difference in all of our lives." —Debra Waterhouse, M.P.H., R.D., bestselling author of *Outsmarting Female Fatigue*

"One of life's wonderful surprises. Insightful, wise, and warm." —Mary J. Shomon, bestselling author of *Living Well with Hypothyroidism*

From the Inside Flap

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Users Review

From reader reviews:

Helen Woodyard:

Reading can be called mind hangout, why? Because if you are reading a book specially book entitled Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives your head will drift away through every dimension, wandering in most aspect that maybe unidentified for but surely can be your mind friends. Imaging each and every word written in a reserve then become one web form conclusion and explanation which maybe you never get before. The Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives giving you an additional experience more than blown away your mind but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Nora Carter:

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives can be one of your nice books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into joy arrangement in writing Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives however doesn't forget the main level, giving the reader the hottest and based confirm resource info that maybe you can be one of it. This great information could drawn you into fresh stage of crucial contemplating.

Ryan Brown:

In this period of time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The book that recommended for you is Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives this e-book consist a lot of the information in the condition of this world now. This particular book was represented just how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. Typically the writer made some exploration when he makes this book. This is why this book acceptable all of you.

Michael Barth:

That reserve can make you to feel relax. This book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives was colourful and of course has pictures on there. As we know that book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives has many kinds or variety. Start from kids until youngsters. For example Naruto or Private eye Conan you can read and feel that you are the character on there. Therefore , not at all of book are generally make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading that.

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