



Bouncing Back From Loss: How To Learn From Your Past, Heal The Present, And Transform Your Future

Donna Marie Thompson

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What Do You Do When Your World Falls Apart?

For Donna Marie Thompson, it was a perfect storm of losses. She lost her mother, her man, her money, and her health. But it wasn't just about the people, things, and conditions; she lost her plans, her dreams—the very future she had been creating.

So, what did Donna Marie do when virtually everything she had worked and sacrificed for disappeared? She picked herself up, brushed herself off, and began to rebuild her life.

This is not a book about how Donna Marie made the best of a bad situation and had a fairy tale ending. (She didn't.) Neither is it a review of why these terrible developments were the best things that ever happened to her. (They weren't!) Instead, it is a blueprint for learning life's lessons, a guide for how to glue it back together should your world fall apart.

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