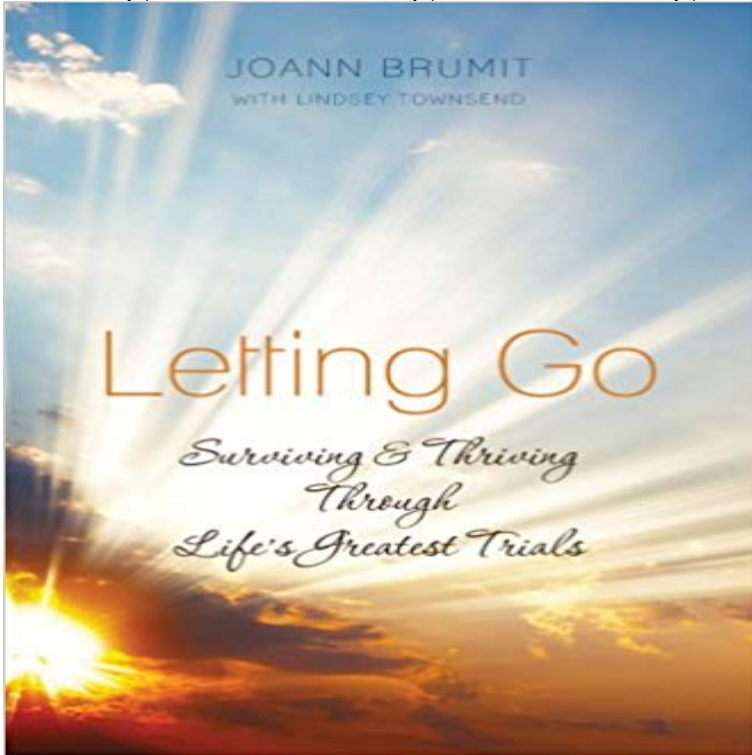


# Letting Go: Surviving and Thriving Through Lifes Greatest Trials



For anyone who has suffered a profound loss, whether it is the passing of a loved one, a debilitating personal illness, or the upending of a lifelong career, the consuming feelings of grief and hopelessness can often seem insurmountable. Such was the case for author JoAnn Brumit, a mother and CEO, whose life was forever changed by the sudden death of her daughter. Now, her memoir shares her own journey of healing, as well as a wealth of inspiration and insight from others who have triumphed in their darkest hours. *Letting Go: Surviving and Thriving Through Lifes Greatest Trials* offers encouragement, courage, and inspiration to individuals who are struggling to overcome this inevitable part of life. Written in collaboration with Lindsey Townsend, Brumit has conceived her guide as a heart-to-heart conversation with a dear friend, drawing from her personal trials in sound, empathetic, real-world advice. Starting with facing a new reality, Brumit first addresses the necessity of working through the pain, rather than avoiding it. Chapters on hope, courage, faith, and persistence reinforce the qualities that help find peace in trying times. The guide also features profiles of other individuals who have overcome various types of losses, from one mans awe-inspiring resolve to reshape his life in the face of his wifes last months of living to another womans uplifting approach to her severely disabled daughter. With guidelines and practical advice to get through dramatic life change and help renew and refresh the spirit, *Letting Go: Surviving Through Lifes Greatest Trials* illustrates in word and story that attitude is everything and only God can understand His plan. With wisdom, compassion, and conviction, this important and affecting resource demonstrates that it is possible to start living and loving again, rediscover joy, find peace, and, in turn, help others. It

will resonate with anyone seeking new direction and hope.

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QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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