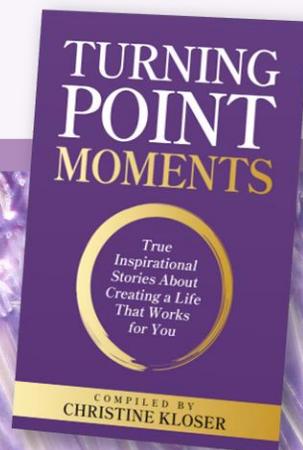


Inspirational Tips to Transform Life Challenges Into Springboards for Success



CHAPTER 1 - The Power of Persistence

A magnificent life is seeking you, as much as you are seeking it. No matter what you're facing, no matter how difficult it feels sometimes, no matter the depths of defeat — keep going. When you trust in your journey and are persistent, a magnificent life will unfold before you.

- Christine Kloser

CHAPTER 2 - Say YES to You

On the path to becoming all you can be, saying yes to you is key. Saying yes may require you to stretch beyond your comfort level. Do it anyway! The greater the stretch, the bigger your light can shine. The brighter your light, the larger the opportunities you attract.

- Anela Arcari

CHAPTER 3 - Stepping Out

The key to a regret-free life is having the courage to do what you believe is "right" for YOU. True courage means choosing to be happy — and taking a step forward no matter what fears, disappointments, or anger you may be feeling. An incredible life awaits when you trust yourself!

- Lyla Berg, Ph.D.

CHAPTER 4 - Walking in Faith

Life will always be challenging. No matter what challenges you are dealing with, always ask for guidance and follow what you are being told to do. Let go of not knowing where it is leading you, and in doing that, believe you already have everything you need.

- Christine Bernard

CHAPTER 5 - Leaping Beyond the Known

Some say we humans are in uncharted territory now; only if you use the past as your compass. You are being called to an expanded vision. Follow your burning inner urges, trust your higher knowing, and leap beyond your known. You'll land home, to your waiting future.

- Kathryn Brewer

CHAPTER 6 - This Is Me!

Sometimes, from the depth of despair, life-changing gifts can be discovered. Challenging experiences force you to slow down, giving you an opportunity to strengthen your connection with who you truly are and what you desire. This highest version of you is always there to help you create your ideal life!!

- Leslie Bridger

CHAPTER 7 - Sound of Sharon

Have you had an experience that left you so down in the dumps that you didn't know which way to turn? There are many natural remedies to help you release those negative feelings in an instant and thrive. For an unexpected out-of-the-box healing tool, read on...

- Sharon Carrington

CHAPTER 8 - Mystery of an Altered Reality

Feel inspired to explore, rather than ignore, unwanted life experiences. Be encouraged to seek beauty in darkness and illuminate the light that exists within the fathoms of your soul. Trust your inner voice and use your imagination and creativity to transform emotional distress into works of art for others to admire.

- Maria Cuccia

CHAPTER 9 - Red Lights Eventually Turn Green

A Spanish proverb, “God draws straight with crooked lines” is my life motto. We make plans, have hopes, create dreams. When these hopes and dreams get stalled, it signals a turning point where we have the freedom to choose a different path that can still lead to a great life.

- Ivery De La Cruz

CHAPTER 10 - In Hot Pursuit

Thorns are an intricate part of the beauty of roses. Likewise, sorrow and suffering are an intricate part of the beautiful landscape of life. To turn tragedy into triumph, press past your pain and suffering to remain in hot pursuit of the beauty of your destiny.

- Dr. Cecilia Dennery

CHAPTER 11 - What’s Driving You?

Peace, productivity, and prosperity are up the road for you. Pause. Ask, "what's driving you?" If anxiety, worry, fear, or insecurities, among other things, are in the driver's seat, here's an alternative: Yield to the signs. Pull over and Pray. With God's guidance and comfort, direction, relief and happiness will come.

- Dr. Felicia Alley English

CHAPTER 12 - Choose Love

When faced with a difficult decision, we often default to external thinking and begin enumerating the pros and cons of either choice. However, the actual answer lies within. If you become still and listen with an open heart, your inner voice will guide you to the right decision.

- Colleen Flanagan

CHAPTER 13 - The Dragonfly Princess and the Manager

Claim your gifts. Don't hold back! It's so easy to let fear take hold of you and stop you from sharing your gifts with people that really need and want your help. But when you focus on your desire to help people, fear moves to the backseat, where it belongs.

- Karoleen Fober

CHAPTER 14 - Cracking the Shell of Fear

Remember, there is more in you than you realize. Dare to explore and use the innate abilities you kept hidden for too long. Be fearless and have fun in the process. Give credit to the wealth of knowledge and wisdom accumulated throughout the years.

- Liliane Fortna

CHAPTER 15 - A Paycheck for Myself

It is always possible to create your own paycheck. Look for the opportunities around you. Ask those who know you about your strengths and evaluate your skill sets. Value who you are and what you can contribute to others.

- Dr. Kim Gebron

CHAPTER 16 - Bee Love

Feeling like I had been turned upside down and inside out, I learned to surrender. By going within and being present and compassionate with myself, I was humbled. I touched the soul and found deep peace. As seasons pass and new seeds sprout, hope is renewed.

- Sherry Gesner

CHAPTER 17 - Look at Me

We all have dreams and goals. There will always be someone who will keep you from succeeding. This is your journey. You are the only one who can make things happen. Find your inner strength. Push forward knowing you can hold your head up high with grace, dignity, and confidence!

- Rebecca A. Glassing

CHAPTER 18 - The Dance of Light and Shadow

Feelings can be overwhelming and many try everything to avoid them. What if they are your barometer and reveal when you're on track and when you need to course correct to be true to yourself. Honouring and embracing all aspects of you will open you to healing, health and happiness.

- Elizabeth Grace

CHAPTER 19 - 7000 Jars of Jam

Every life matters and your legacy matters more than ever! Live your life with passion and purpose to give more than you take. Your generosity towards others matters...even a smile to another is a generous act...or a gift of jam to sweeten someone's day with your extended joy!

- Nancy Griffin

CHAPTER 20 - Born This Way

Your wholeness awaits its freedom from the discomfort within you. No matter what the hidden secret and no matter how deep you bury the memory, it lives. Keep seeking the way to release what is known but not remembered. Your soul is counting on you.

- Lynardia Groubert

CHAPTER 21 - Creating a Life You Love by Finding Love Within

Lead with love to create a life you adore. Start by loving you.

With compassion, trust, and acceptance for yourself, you become open to loving others fully and see beauty in all moments. You radiate your truth with confidence, attracting opportunities naturally and organically that align with your deepest desires.

- Rosie Guagliardo

CHAPTER 22 - Murmurs of the Inner Voice

When your mind is calm, the Inner Voice of Intuition will manifest as soul guidance, often as a subtle murmur or as a seed planted in your consciousness. But you must learn to cultivate it, and to be receptive as you progress upward on your spiritual journey.

- José I. Guzmán

CHAPTER 23 - Climbing Out of Codependency

We are only guaranteed this one, beautiful life. Do not waste it by merely existing within the confines of the current societal paradigms. Go out and LIVE the life that you desire. Become the person you want to become without regard to what others think you should be. Live freely.

- Stephanie Joy Hale

CHAPTER 24 - Shattered Dreams

Life can change in the blink of an eye when you least expect it. You could win the jackpot or get hit by a car. Whatever happened, life goes on. Learn to adapt, make the most of it, and live with it but don't forget what is important in life.

- Kim Han

CHAPTER 25 - The Crowning of Woman

“Honoring man while still celebrating woman.” What if we left the mistakes of yesterday and chose to live—male and female—in union, oneness, and celebration? Truth says you do not have to choose between honoring and being dishonored. We all can live Honoring man while still celebrating woman.

- Dr. Tina Hay

CHAPTER 26 - The Spirit of Couple Love

With your couple love, you change the world. Believe it or not.

- Wilfred Holder

CHAPTER 27 - When a Heavy Door Closes, a Lighter One Opens

Every challenge opens the door to a new opportunity. Even when life is unfolding differently than you planned, you always have a choice. When you take empowered action, you will get the clarity and opportunity you need to create the path you desire.

- Stephanie K. Klein

CHAPTER 28 - Am I Gonna Die?

If you are facing a difficult medical diagnosis, I know it can seem overwhelming. Take a deep breath; it most likely is not exactly what you are thinking. Check in with your feelings. Behave in a way that brings the best care for you. Be your own advocate. Know that you are not alone.

- Lori A. Lewis

CHAPTER 29 - Discovering My Conscious Heart

The life you want is closer than you know. Let go of the doubt or fear created by your past. Use those moments as steppingstones to step into the life that is waiting for you. Give yourself permission to open the door and cross the threshold into your beautiful future.

- Chequita McCullough

CHAPTER 30 - Hashtag#!

You can't change your past or choose what lessons you will learn from the moments experienced in life, but over time and with self-reflection, patience, and a change of perspective, your love will light the way. You have the opportunity to decide the depth and direction of the present moment.

- Angela Mendoza'

CHAPTER 31 - Jump!

What if in a microsecond, a miracle moment, a time marked as fast as hummingbird wings or a newborn's heartbeat, you can change your life? I do not have all the answers, but I do have a deeper understanding of the path. Connected to Love trust your, "YES!"

- Phyllis McLaughlin Nauman

CHAPTER 32 - D.I.Y. ZEN and The Art of Happiness, Kindness, Blessings, and Gratitude

You may truly save someone's life by choosing to be the Good Finder who looks for and shares the good you see in another. The person who uplifts them in a time of despair, and makes a positive difference in their world that becomes a Turning Point Moment in their life.

- Gary Nobuo Niki

CHAPTER 33 - The Dark Side of Light

You seek to find your loving beauty but all you see is a broken body. As you dig deeper into your tunnels and roots of compassion you meet up with your alchemical love. Then Love comes in looking for you and opens your door into a life of exquisite celebration!

- Irisha Pomerantzeff

CHAPTER 34 - Funerals, Jealousy, and Desires

How do you deal with the death of a loved one? I was not prepared for it when my mom died; then I discovered how I feel matters. When I allow feelings to move through me, messages of the Divine also move through me, authentically, as my own voice.

- Rainbow

CHAPTER 35 - From Breakdown to Breakthrough: The Resilience of the Human Spirit

When you are willing to harvest pain into your greatest treasure by pulling out the soul lessons, healing happens at the level of the physical, emotional, and mental body. This can set you free into your greatest purpose and joy.

- Archana Reddy

CHAPTER 36 - How a Broken Heart Led Me Back to Wholeness

Everyone's path to healing and wholeness looks different. But the starting point is always the same: a belief that you can heal, no matter what's happened to you. You don't need to know the finer details. You only need to believe that true healing is possible for you.

- Miriam Reilly

CHAPTER 37 - From Primal Scream to Living the Dream

You are — that you are is all you need to know. All the rest are stories our minds generate to explain and give us identity. Blah, blah, blah. Drama, drama, drama. We are not the stories, not even the good ones. Be the possibility you wish to be.

- Patrick Smyth

CHAPTER 38 - Do You Want Breakfast, Son?

Our own acceptance of the way Nature so lovingly sculpts us with all the creation hidden in the pain of challenging turns, brings us closer to the answers we seek and grants us gifts beyond perception.

- Irina Sotirova

CHAPTER 39 - Widow's Bridge

No matter how devastating your current circumstances may seem, don't listen to the fear. Listen to your heart instead. The bridge between where you are and where you want to be is leading you to a life more beautiful than the one you left behind. Trust the bridge.

- Kat Wells

CHAPTER 40 - Collapsing into Miracles

Hard times can hit and overtake anyone. Lost in my darkest nights, how I wished for someone who'd made it through to guide me. This book is that someone. Stay on the lookout for inner light, and miracles of love and support. Your next greatest good IS in the works!

- Jamie Leno Zimron

CHAPTER 41 - The Unexpected Gift

Challenging events in life are inevitable. By mindfully choosing to learn and grow from every experience you can shift to a place of receptivity. From this place you can awaken to your soul's inner wisdom, then be prepared for a life better than you ever dreamed possible.

- Mary Lou Zozaya

