



This Wasn't Supposed to Happen to Me: 10 Make-or-Break Choices When Life Steals Your Dreams and Rocks Your World

Bev Smallwood Ph.D.

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Learn the 10 critical choices necessary for wholeness and recovery after life's tragedies and disappointments.

Blending scientifically-validated psychological truths with spiritual principles, Dr. Beverly Smallwood enables readers to overcome the unexpected and unthinkable. Giving readers a roadmap of 10 major choices, she offers hope that no matter what has happened, going forward, we all have the power to choose.

Through the power of choice readers will be able to move from:

- Denial to Reality
- Victimhood to Responsibility
- Why to How
- Doubt to Faith
- Bitterness to Forgiveness
- Guilt to Self-Forgiveness
- Depression to Grief
- Avoidance to Courage
- Isolation to Connection
- Powerlessness to Purpose

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