



## The Reality Slap: Finding Peace and Fulfillment When Life Hurts

By Russ Harris

New Harbinger Publications. Paperback / softback. Book Condition: new. BRAND NEW, The Reality Slap: Finding Peace and Fulfillment When Life Hurts, Russ Harris, The "reality slap" takes many different forms. Sometimes, it's more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it's a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing's for sure--it hurts! And most of us don't deal with the pain very well."The Reality Slap" offers a four-part path for healing from crises based on acceptance and commitment therapy. In these pages, you will learn how to: - Find peace in the midst of your pain - Rediscover calm in the midst of chaos - Turn difficult emotions into wisdom and compassion - Find fulfillment, even when you can't get what you want - Heal your wounds and emerge stronger than beforeUnlike some self-help books that claim you can have everything you ever wanted in life, if you only put your mind to it, this book claims that you "can't "have everything in life....



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