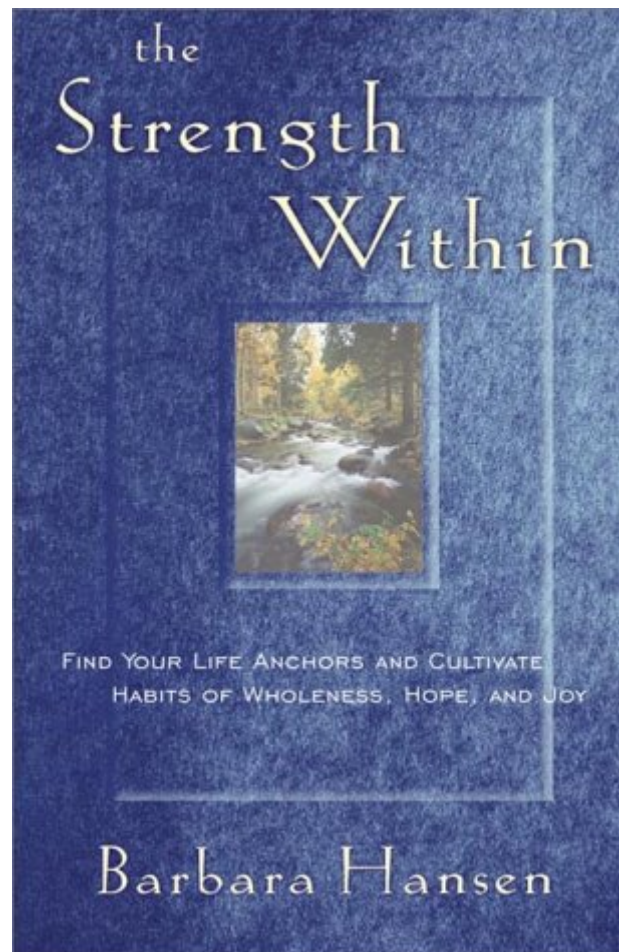


# The Strength Within: Find Your Life Anchors and Cultivate Habits of Wholeness, Hope, and Joy PDF



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The Strength Within: Find Your Life Anchors and Cultivate Habits of Wholeness, Hope, and Joy by Barbara Hansen ISBN 1587680017

LIFE HANDS US DIRTY DEALS. No one knows this better than Barbara Hansen--author, college professor, and paraplegic since age eighteen. When she talks about clawing through life's lousy times, every page rings with authenticity. And when she talks about finding peace and joy despite life's dirty deals, every page shines with hope. Her experience forms the core of this guide to healing and wholeness, together with stories of her former and current students, her friends, her readers, and her workshop and lecture attendees. From all these sources she's developed practical strategies for finding true happiness.

Happiness comes from choices and attitudes, anchors that form an inner strength that remains

solid despite life's roller-coaster ups and downs. Hansen reveals what these choices and attitudes are and how to cultivate them till they become habits of joy.

## **The Strength Within: Find Your Life Anchors and Cultivate Habits of Wholeness, Hope, and Joy Review**

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