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## What's on the Menu?: Steps to Healing Breakthrough

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By Carl Mathis

Createspace Independent Publishing Platform, United States, 2011. Paperback. Book Condition: New. Rochelle V Mann (illustrator). 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.WHAT S ON THE MENU Steps to Healing and Breakthrough Life, in general, is challenging. From the day we're born until the day we lay our mortal bodies to rest, our existence of learning, adapting, and overcoming is never-ending. It is akin to a rollercoaster ride that takes us to the peak of excitement, the thrill of achieved success and happiness, only to be rushed into the depths of doubt, uncertainty, and perceived failure. Learning to tame our lives and smooth out the bumps is at the heart of What's On The Menu. If you've wondered why negative events just seem to happen to you or why roadblocks impede your progress, this book is written to help manage those obstacles. Solutions are available to combat the ills that may keep you down or prevent you from achieving your fondest heart's desire, but one must look and one must exercise hope and faith. Overcoming adversity does not come without the sacrifice of time, energy, and a will to...



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