



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

By Bev Smallwood

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

**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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- Sales Rank: #642589 in Books
- Published on: 2009-01-13
- Released on: 2009-01-13
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .87" w x 5.98" l, 1.15 pounds
- Binding: Paperback
- 336 pages

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### **Editorial Review**

#### **About the Author**

**Bev Smallwood, Ph.D.**, is a psychologist with over 25 years of work with trauma survivors, personal experience with many of the challenges she writes about, and Christian faith. She is the founder and CEO of The Hope Center and Magnetic Workplaces, a disaster mental health worker, columnist, internationally-known speaker, and go-to expert for print and broadcast media when tragedy, suffering, or post-traumatic chaos strike.

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