



# **You Are Not Alone: How To Rise Above Life's Challenges With Grace, Gratitude, Love & Joy**

*April J Ford*

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Has life ever thrown you a curve ball called challenges or maybe even a boulder called adversity? It's not surprising that from all of our roles and responsibilities as a parent, career-climber, spouse, business owner, PTA volunteer, church volunteer, you name it, we often compromise our health & wellbeing, relationships, careers, dreams, goals, and even our spiritual beliefs. Which all leads to being overwhelmed, stressed, depression, unhealthy relationships, dependency of unnecessary medications and the list goes on. *You Are Not Alone*, *How To Rise Above Life's Challenges With Grace, Gratitude, Love & Joy* is about finding the gold in life's challenges. A path finding who we are inside and the way we handle the challenges we face is how we transition and transform into who we are truly meant to be. We are not only guided by our inner-self but the resources of guidance all around us, none of us are ever alone. The author, April J. Ford shares how her tragedies from her past taught her the alchemy of adversity. Alchemy meaning turning something from nothing, like a rubble of plain metal and turning it into precious gold. She shares simple and practical tools to navigate with to transition to creating a life filled with grace, gratitude, love & joy all using a simple 4 step system. Your challenges may be similar to hers; becoming a widow at 32, a single parent, faced with mental, emotional, physical and even sexual abuse at a young age. Or maybe your challenges aren't so extreme but you'll be able to find your blueprint on how to rise from any challenges you'll have in your path.

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