



Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives

By Mira Kirshenbaum

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Can it really be true that everything happens for a reason? As amazing as it sounds, it is. There is significance in every event of our lives, from the most joyful and empowering to the inexplicable or seemingly unjust. In *Everything Happens for a Reason*, psychotherapist Mira Kirshenbaum encourages us to discover the meaning in what has happened to us, seeing these experiences as gifts, lessons, or opportunities. Building on more than twenty-five years of clinical research, Kirshenbaum helps us decode the confusing or unfortunate moments in our lives and find solace and strength.

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Editorial Review

From Publishers Weekly

If you believe that "everything happens for a reason," you might find solace in this well-written self-help guide by psychotherapist Kirshenbaum (best known for the relationship guide *Too Good to Leave, Too Bad to Stay*). Her premise is that "that no matter what happens to you, not only does something valuable come out of it but it's just what you need." Kirshenbaum details in separate chapters the 10 possible life lessons one might learn from unhappy life events, ranging from self-acceptance, feeling at home in the world and letting go of fear to finding true love or your hidden talents. Readers answer diagnostic questions to determine which lesson might be theirs. There is also a wealth of advice, such as a seven-step method to overcome fear and a list of the 10 elements of true love. Kirshenbaum is careful to note that what you learn doesn't make up for what you have lost. Still, the case studies always end positively. And some don't ring true: how likely is it that a mother will see the birth of a very sick infant as an opportunity to let go of fear? If you don't believe there is comfort to be found in life's worst events, this book isn't for you. But if you've undergone a tragedy and are desperate to find meaning in it, Kirshenbaum's smooth, comforting tone may give you some direction.

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Review

"Mira Kirshenbaum is a wise and seasoned guide, her book a welcome map of the difficult terrain of life."
—Dr. Dorothy Firman, coauthor of *Chicken Soup for the Mother and Daughter Soul*

"In a loving universe everything does happen for a reason, and in Mira Kirshenbaum's book we are persuaded that the universe always has our best interests at heart—even in our darkest moments."—Gavin de Becker, bestselling author of *The Gift of Fear*

"Brilliant, beautiful, and bound to make a profound difference in all of our lives." —Debra Waterhouse, M.P.H., R.D., bestselling author of *Outsmarting Female Fatigue*

"One of life's wonderful surprises. Insightful, wise, and warm." —Mary J. Shomon, bestselling author of *Living Well with Hypothyroidism*

From the Inside Flap

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Users Review

From reader reviews:

Danny Whittemore:

In this 21st century, people become competitive in every way. By being competitive at this point, people have to do something to make these people survive, being in the middle of the crowded place and notice by simply surrounding. One thing that at times many people have underestimated that for a while is reading. Yeah, by reading a publication your ability to survive improve then having chance to stand than other is high. To suit your needs who want to start reading a new book, we give you this Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives book as beginning and daily reading book. Why, because this book is greater than just a book.

Jennifer Byler:

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives can be one of your nice books that are good idea. We recommend that straight away because this book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort that will put every word into enjoyment arrangement in writing Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives although doesn't forget the main point, giving the reader the hottest and based confirm resource facts that maybe you can be one among it. This great information could draw you into brand new stage of crucial contemplating.

Daniel Hendrix:

This Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives is great publication for you because the content that is full of information for you who have always deal with world and have to make decision every minute. This kind of book reveals it details accurately using great manage word or we can point out no rambling sentences in it. So if you are reading the idea hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but difficult core information with beautiful delivering sentences. Having Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives in your hand like getting the world in your arm, information in it is not ridiculous just one. We can say that no reserve that offer you world in ten or fifteen moments right but this e-book already does that. So, this is certainly good reading book. Hey there Mr. and Mrs. stressful do you still doubt which?

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