



Finding Purpose Beyond Our Pain: Uncover the Hidden Potential in Life's Most Common Struggles

By Paul Meier, David Livingstone Henderson

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A revolutionary approach to dealing with life's challenges that guides readers in how to face them and to recognize them as gifts from God.

At one time or another everyone finds themselves questioning, "Does God still love me? Is there a purpose for all this pain?" Drs. Meier and Henderson teach readers how to face painful struggles head-on in a way that allows them to grow and mature emotionally and spiritually. In this timely book they explore the seven most common life challenges:

- Injustice
- Rejection
- Loneliness
- Loss
- Discipline
- Failure
- Death

In addition they offer the three reasons we often miss the gifts these challenges can be. This unique approach to an age-old problem will encourage and challenge readers to grow through their struggles instead of wasting energy trying to avoid them altogether.

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Editorial Review

About the Author

David L. Henderson, MD is a board-certified psychiatrist and author, a sought-after mental healthcare consultant and lecturer. The father of three, he owns a private practice in Dallas, Texas where he sees adolescent and adult clients with a wide range of psychiatric and substance abuse issues.

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