



Silver Linings: Finding Hope, Meaning and Renewal During Times of Transition

Melissa Gayle West

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Trauma - whether personal such as divorce, serious illness, or loss of a loved one, or collective such as 9/11 - is a destiny point, a crucial window of time where we can release all that holds us back from living a deeply meaningful and whole-hearted life. Silver Linings shows you how to make the most of these destiny points as catalysts for emotional healing, spiritual awakening, and significant life changes.

When life seems unfair, it's easy to lose hope and give in to bitterness and despair. In Silver Linings, psychotherapist and spiritual counselor Melissa West shows how to create meaning from life-shattering events, making misfortune not a death sentence but a call to courage and transformation. With this practical and inspirational program, West takes you through the three stages of Loss, Wilderness, and New Life, a journey ultimately to wholeness, wisdom, and joy.

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