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The Next Happy: Let Go of the Life You Planned and Find a New Way Forward

By Tracey Cleantis

Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, The Next Happy: Let Go of the Life You Planned and Find a New Way Forward, Tracey Cleantis, When the best option is to let go of the life you planned for yourself and find a new path, a world of possibilities can surprisingly open up. Learn whether it is time to let go, and, if so, how to move through your grief and find your way forward in The Next Happy . If you believe, you can do anything. Although well-meaning, these intended words of inspiration can make us feel like failures. The reality is that no matter how positive our outlook or how tenacious our approach, our dreams simply do not always come true and there is nothing we can do about it. After multiple fertility treatments and years of hardship in her pursuit to have a child, Tracey Cleantis was forced to face this reality head-on. Yet, through this process and her work counseling hundreds of clients through the loss of their goals and aspirations, she discovered one simple truth: sometimes there comes a time when the smartest, healthiest, and sanest thing to do is...


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