



Post-Traumatic Success: How To Use Traumatic Events In Your Life To Live Your True Purpose

Diana Barden

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How to Live the Life of True Success You Were Destined to Live After Your Trauma. Few people reach adulthood without experiencing a traumatic life event - serious illness, redundancy, divorce or bereavement, for example. In any trauma there comes a time, after the support, therapy or the mourning has passed, when we confer meaning on our trauma, consciously or subconsciously. Some wish to return to 'normal' and forget it ever happened. For others, life will never be quite the same again. New Year's Eve; the day resolutions are made, hopes created, marriage proposals expressed. New Year's Eve 1993; the day Diana received the devastating news 'You have breast cancer'. Aged 32, full-time student and living back home with her mum, Diana felt her life ended in that moment. Post-Traumatic Success is proof, 20 years later, this was not the case! Traumatic events don't have to be the end, but can be beginnings. Diana shows how it's possible to create the meaning you choose for your trauma, turn trauma into success and create something positive that becomes your legacy for future generations. Packed with true stories, useful tips and lots of practical exercises, this book will inspire even the most traumatised to create their own Post Traumatic Success.

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