



Falling in Lol: Medicine for the Soul (Paperback)

By Miss Zeina Attar

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.After author Zeina Attar found herself alone so that her partner could be with an imaginary friend, she was so emotionally devastated that she was practically paralyzed. Instead of running from the pain of the relationship, she found that diving in and reminiscing about past events was the key to unlocking the misery surrounding her like a cage. Miss Attar believes that, too often, the stresses of life overwhelm us and cloud our ability to find guidance and power within. She believes that real-life experiences can be harnessed to forge tools inside ourselves that give us the power to bring laughter bubbling to the surface in even the most trying of times. All we have to do is take action. Falling in LOL will inspire you to take action, responsibility, and control of your own therapeutic resources to achieve optimal wellbeing. This book pairs Miss Attar's poignant experiences with scientific facts to provide new awareness of the ways stress and society have tricked us into turning away from true medicine for the soul—laughter—even though it is the best ally we have to...



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