



One Bite at a Time: A True Story of Transformational Change and 7 Life Lessons Learned to Help You Live Your Best, Healthiest, Happiest, Most Inspired Life (Paperback)

By Susan Van Hoosen

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In her inspiring guidebook, Susan Van Hoosen shares 7 powerful tools to help readers learn how to practice thriving from surviving life's challenges and turn a setback into a comeback, reminding us that we've always had the power within and that it's never too late. Susan shares her own raw, insightful, and heartfelt journey through downsized, divorce, and death. Applying the lessons she teaches, such as embracing the process and making tough choices for the right reasons, you can create a new positive reality and transform into your best, healthiest, happiest, most inspired life. At some point in our lives, we will all experience a form of suffering. Whether through grief and loss, illness or addiction, relationships and heartache, our circumstances can knock us down to our knees. How do we overcome and find our way when we're overwhelmed by life's challenges? Where do we start? How do you eat an elephant? One bite at a time. One Bite At A Time will resonate with readers as its lessons and accompanying quotes are a...



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