



## How Did I Get Here?: Navigating the Unexpected Turns in Love and Life

By Barbara De Angelis

HarperCollins Publishers, United Kingdom, 2005. Paperback. Book Condition: New. 192 x 130 mm. Language: English . Brand New Book. Find your way back to happiness from wherever you are with self-help guru Barbara De Angelis. \* We all encounter unforeseen obstacles in our lives, as a relationship or a job we were counting on vanishes. This book will teach you how to escape the past and navigate the unexpected to find a life of more purpose, contentment and joy. \* Even when a person s life seems perfect from the outside, they can often feel dissatisfied; that there is a gap between the life they mapped out and the life they ended up with. Bestselling author Barbara De Angelis teaches us how to combat this feeling. \* Discover how to deal with personal crisis, both dramatic and gradual, including divorce, unemployment, boredom and restlessness. \* If you have realised that the life you have doesn t fulfil you, this book gives you the practical tools, wisdom and inspiration to turn it around.



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