



Surviving One Bad Year: 7 Spiritual Strategies to Lead You to a New Beginning

Nancie Carmichael

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Spiritual Strategies for a
New Beginning

Loss has many names --
divorce, death, illness, bankruptcy, depression,
disappointment, betrayal, job loss, and more.
And as we experience these losses, we sometimes wonder how we will survive.

Whether you are reeling from the blow of an immediate crisis or in need of help to sustain you for the long haul, you will find spiritual strength and practical strategies on every page of this book.

Purposefully designed to meet you where you are on any given day of need, this book is divided into two parts:

PART 1 offers **emergency tactics** to help you keep your head above water when a huge wave of pain threatens to pull you under. PART 2 reveals **seven strategies** to help you navigate the stormy waters and make it safely to a peaceful shore.

Some days, all your heart can take in may be one simple thought. At those times, you can easily flip through the pages and find...

encouraging Bible verses and **inspirational quotes** -- set off, centered, and easy to find.
At other times, you may need to soak up...

practical help and biblical teachings.

Or...

share in **stories of others** who have also gone through pain.

These are here for you as well.

When difficult times come -- and they come to us all -- it helps to know that

you are not alone,
that you will survive,
and that there will be an end to your crisis.

This book is dedicated to you, as you find that hope and help to *survive your bad year*.

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