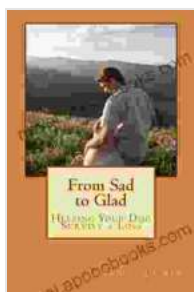


From Sad to Glad: A Journey of Healing and Transformation

From Sad to Glad is a powerful and inspiring memoir that chronicles the author's journey from a life of despair to one filled with joy and fulfillment. Through raw and honest storytelling, the author shares her experiences with depression, anxiety, and addiction, as well as the transformative practices that helped her heal and find lasting happiness.



From Sad to Glad: Helping Your Dog Survive a Loss

by Phoebe Lauren

★★★★☆ 4.6 out of 5

Language	: English
File size	: 398 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 36 pages
Lending	: Enabled
Paperback	: 64 pages
Item Weight	: 5.3 ounces
Dimensions	: 6 x 0.15 x 9 inches



A Journey of Despair

The author's journey begins in a dark place. She is struggling with depression, anxiety, and addiction, and she feels like there is no hope for her future. She has tried everything to get better, but nothing seems to work.

One day, the author has a breakthrough. She realizes that she needs to change her life if she wants to get better. She starts by going to therapy and support groups, and she begins to learn about the root causes of her mental health problems.

A Journey of Healing

The author's journey of healing is not easy, but it is transformative. She learns to cope with her mental health problems and she develops a strong support system. She also discovers new ways to find joy and fulfillment in her life.

The author's story is a reminder that even in the darkest of times, there is hope. With the right help and support, anyone can overcome mental health problems and find lasting happiness.

A Journey of Transformation

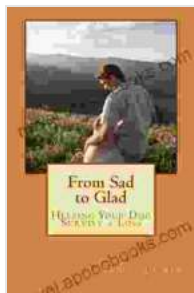
From Sad to Glad is more than just a memoir. It is a guidebook for anyone who is struggling with mental health problems. The author shares her insights and experiences, and she offers practical advice on how to heal and find lasting happiness.

This book is a powerful resource for anyone who is looking for hope and inspiration. It is a reminder that even in the darkest of times, there is always light at the end of the tunnel.

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To Free Download your copy of From Sad to Glad, please visit the author's website. The book is available in paperback, hardcover, and e-book formats.

Thank you for reading!



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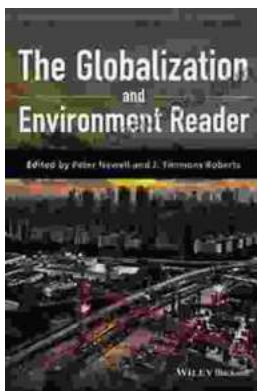
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