



Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives

By Mira Kirshenbaum

Download now

Read Online 

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum

In each of our lives we are faced with events that seem inexplicable, unjust, even cruel—events that can shatter our perception of the world, our understanding of ourselves, and our faith in a higher power. Friends and family members often offer comfort with “Everything happens for a reason”—a simple, common phrase with an unbearably elusive meaning.

In **Everything Happens for a Reason**, psychotherapist Mira Kirshenbaum helps us understand the principles behind this frequently used phrase and provides us with tools to grasp its true meaning. According to Kirshenbaum, there is significance to each of the events in our lives. We all can discover meaning in what has happened to us—seeing such occurrences as gifts, lessons, or opportunities that we might not have been able to get any other way. Building on more than twenty-five years of clinical research, Kirshenbaum has developed tests to help readers decode the confusing or unfortunate events in their lives and find solace and strength in the positive outcomes that exist.

Kirshenbaum offers ten universal reasons for the tragedies in our lives, among them letting go of fear, radically accepting ourselves, becoming a truly good person, finding forgiveness, and discovering our mission.

While coming to terms with unexpected loss and disappointment is never easy, **Everything Happens for a Reason** empowers readers to embrace the positive and comprehend the specific message that is larger and more powerful than their grief.

From the Hardcover edition.

 [Download Everything Happens for a Reason: Finding the True ...pdf](#)

 [Read Online Everything Happens for a Reason: Finding the Tru ...pdf](#)

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives

By Mira Kirshenbaum

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum

In each of our lives we are faced with events that seem inexplicable, unjust, even cruel—events that can shatter our perception of the world, our understanding of ourselves, and our faith in a higher power. Friends and family members often offer comfort with “Everything happens for a reason”—a simple, common phrase with an unbearably elusive meaning.

In **Everything Happens for a Reason**, psychotherapist Mira Kirshenbaum helps us understand the principles behind this frequently used phrase and provides us with tools to grasp its true meaning. According to Kirshenbaum, there is significance to each of the events in our lives. We all can discover meaning in what has happened to us—seeing such occurrences as gifts, lessons, or opportunities that we might not have been able to get any other way. Building on more than twenty-five years of clinical research, Kirshenbaum has developed tests to help readers decode the confusing or unfortunate events in their lives and find solace and strength in the positive outcomes that exist.

Kirshenbaum offers ten universal reasons for the tragedies in our lives, among them letting go of fear, radically accepting ourselves, becoming a truly good person, finding forgiveness, and discovering our mission.

While coming to terms with unexpected loss and disappointment is never easy, **Everything Happens for a Reason** empowers readers to embrace the positive and comprehend the specific message that is larger and more powerful than their grief.

From the Hardcover edition.

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Bibliography

- Sales Rank: #502609 in eBooks
- Published on: 2005-04-26
- Released on: 2005-04-26
- Format: Kindle eBook

 [Download Everything Happens for a Reason: Finding the True ...pdf](#)

 [Read Online Everything Happens for a Reason: Finding the Tru ...pdf](#)

Download and Read Free Online Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum

Editorial Review

From Publishers Weekly

If you believe that "everything happens for a reason," you might find solace in this well-written self-help guide by psychotherapist Kirshenbaum (best known for the relationship guide *Too Good to Leave, Too Bad to Stay*). Her premise is that "that no matter what happens to you, not only does something valuable come out of it but it's just what you need." Kirshenbaum details in separate chapters the 10 possible life lessons one might learn from unhappy life events, ranging from self-acceptance, feeling at home in the world and letting go of fear to finding true love or your hidden talents. Readers answer diagnostic questions to determine which lesson might be theirs. There is also a wealth of advice, such as a seven-step method to overcome fear and a list of the 10 elements of true love. Kirshenbaum is careful to note that what you learn doesn't make up for what you have lost. Still, the case studies always end positively. And some don't ring true: how likely is it that a mother will see the birth of a very sick infant as an opportunity to let go of fear? If you don't believe there is comfort to be found in life's worst events, this book isn't for you. But if you've undergone a tragedy and are desperate to find meaning in it, Kirshenbaum's smooth, comforting tone may give you some direction.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Mira Kirshenbaum is a wise and seasoned guide, her book a welcome map of the difficult terrain of life."
—Dr. Dorothy Firman, coauthor of *Chicken Soup for the Mother and Daughter Soul*

"In a loving universe everything does happen for a reason, and in Mira Kirshenbaum's book we are persuaded that the universe always has our best interests at heart—even in our darkest moments."—Gavin de Becker, bestselling author of *The Gift of Fear*

"Brilliant, beautiful, and bound to make a profound difference in all of our lives." —Debra Waterhouse, M.P.H., R.D., bestselling author of *Outsmarting Female Fatigue*

"One of life's wonderful surprises. Insightful, wise, and warm." —Mary J. Shomon, bestselling author of *Living Well with Hypothyroidism*

From the Trade Paperback edition.

From the Inside Flap

Can it really be true that everything happens for a reason? As amazing as it sounds, it is. There is significance in every event of our lives, from the most joyful and empowering to the inexplicable or seemingly unjust. In "Everything Happens for a Reason, psychotherapist Mira Kirshenbaum encourages us to discover the meaning in what has happened to us, seeing these experiences as gifts, lessons, or opportunities. Building on more than twenty-five years of clinical research, Kirshenbaum helps us decode the confusing or unfortunate moments in our lives and find solace and strength.

Users Review

From reader reviews:

Hallie Cathey:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to often the Mall. How about open or read a book titled Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives? Maybe it is to be best activity for you. You realize beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have different opinion?

Diane Adams:

Book is to be different for every grade. Book for children until eventually adult are different content. As we know that book is very important usually. The book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives has been making you to know about other know-how and of course you can take more information. It is extremely advantages for you. The e-book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives is not only giving you more new information but also for being your friend when you truly feel bored. You can spend your own spend time to read your guide. Try to make relationship using the book Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives. You never experience lose out for everything when you read some books.

Paul Hardy:

Now a day those who Living in the era exactly where everything reachable by connect to the internet and the resources included can be true or not need people to be aware of each information they get. How a lot more to be smart in getting any information nowadays? Of course the correct answer is reading a book. Examining a book can help persons out of this uncertainty Information particularly this Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives book since this book offers you rich facts and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it everybody knows.

Janet Thaxton:

In this era which is the greater man or who has ability to do something more are more special than other. Do you want to become among it? It is just simple strategy to have that. What you have to do is just spending your time almost no but quite enough to enjoy a look at some books. One of several books in the top listing in your reading list is usually Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives. This book which is qualified as The Hungry Mountains can get you closer in becoming precious person. By looking up and review this reserve you can get many advantages.

Download and Read Online Everything Happens for a Reason:

Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum #P7A2Y5GSDNV

Read Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum for online ebook

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum books to read online.

Online Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum ebook PDF download

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Doc

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum Mobipocket

Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives By Mira Kirshenbaum EPub