



# L.O.S.S. Life's Opportunity to Soul Search

*Misty Nichols*

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## **L.O.S.S. Life's Opportunity to Soul Search** Misty Nichols

Loss is one of the most difficult experiences one can endure. It's capable of sending you rock bottom, demanding answers to very difficult questions. Fortunately, the pain comes with a choice: to either fall victim to suffering or grow wiser because of it. In *LOSS: Life's Opportunity to Soul Search*, Misty Nichols tells the story of her 29-year-old brother's suicide, her divorce, her father's debilitating stroke, and the loss of the future she had anticipated—all of which occurred within a year's time. But by choosing to learn from grief she found her true self, the answers she needed, and the happiness she desired. Nichols then shares 24 Truths that helped her overcome adversity and claim happiness. With each truth, she includes a challenge to help you journey toward freedom from guilt, confusion, emptiness and pain. The goal is to claim the best of you. Your soul-searching journey begins now.

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